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Medical Homoeopathy ISBN (13) 9781874581901 [medhom@winterpress.net](mailto:medhom@winterpress.net)

# ELECTRICITY - ELECTRICITAS



## A NEW PROVING

# **ELECTRICITY AND THE HOMOEOPATHIC REMEDY ELECTRICITAS**

A new proving

South Downs School of Homoeopathy.      January 2005

This information presented in February 2007. Stuart Deeks Coordinator

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## INTRODUCTION

Electron: Greek for amber.

Electric: the word. First published use in a treatise of 1600, *De Magnete*, (Magnets and their properties.)

Oxford Dictionary entries-

Electric: possessing the property (first observed in amber) of developing electricity when excited by friction or other means.

Originally the word had reference to “the property of attracting light bodies,” the phenomena of electrical repulsion being a later discovery.

(An indication of early nineteenth century therapeutic usage) : “The electric power has efficacy sufficient to cure diseases.” *Medical Journal IX* page 286, 1803.

## PREVIOUS SOURCES OF HOMOEOPATHIC INFORMATION.

Caspari, a colleague of Hahnemann, wrote about the Homoeopathic use of Electricity. Jahr, another source.

Clarke republished their material with additions; *Materia Medica* 1900.

Allen, *Materia Medica of the Nosodes*. 1910.

## ELECTRICITAS : A PROVING.

This proving began on January 13<sup>th</sup> 2005 as part of the course at the South Downs School of Homoeopathy for the second year students. There were eight provers, all women. Two of the provers did a ‘meditative proving’ of the remedy, under the direction of Colin Griffith. (For information about meditative provings see the journal *Prometheus Vol.1*. page 15.) The provers were Mary Barber, Vicki Berryman, Fiona Condie, Bella Griffith (studying independently), Maxine Harrison, Beryl Mould ( now Sraddhamayi), Alison Parrington and Elizabeth Powell. The ‘supervisors’ were from the same year group. They were paired with a prover to listen to that person’s experience day by day and to form a parallel record. They were Vicky Hoskin, Zoe Prior, Sharon Morris, James Page and Lisa Robinson.

None of the provers or supervisors knew what was being proved.

The meditative provers had the phial of tablets with them for a few days before the proving, then took one tablet.

The other provers took a maximum of six tablets over two days, and stopped this dosage when symptoms were noticed.

## WHY DO A NEW PROVING?

It seemed worthwhile to do a new proving of *Electricitas* because of the great increase in our general exposure to electromagnetic fields in recent years. I was encouraged to do this proving by the Homoeopath Stella Berg; she thought the remedy would be useful for people who had unusual levels of exposure in their work, e.g. rock

musicians, also for Chronic Fatigue Syndrome patients. (See Frances Wilburn's project, page 65, for more information on these aspects.)

Where prover No. 6 worked, computers and electrical equipment surrounded her. She experienced such an upheaval at the time of the proving that she left her job and the college too, then moved house and out of contact. Unfortunately she has not provided the detail of her experience for inclusion.

#### THE PROVING GROUP.

As it happened there were considerable difficulties in communication between myself as coordinator and the provers, and the group itself seemed fragmented and not cohesive. It is difficult to be sure whether this can be attributed in some degree to the effects of Electricitas, or was simply a reflection of the time and the personalities involved.

In any case to engage in a proving of Electricity is in some respects like asking a fish to take an objective look at the water it swims in!

#### CORRESPONDENCE WITH EARLIER PROVINGS.

As would be anticipated, there are several points of similarity between our proving and the old texts. Clarke's *Materia Medica* entry is the most comprehensive that I have seen; Allen draws on Clarke and is briefer, with some additional symptoms. Our proving contributes some details and new features.

#### COMPARISON WITH OTHER HOMOEPATHIC REMEDIES.

Phosphorus; susceptibility to external impressions, light, sound, odour, touch; electrical changes, etc. Numb; arms; hands; fingers and toes. Tottery; stumbles easily. Joints suddenly give way. Legs heavy, feet as if glued to the floor. (Phatak *Materia medica*.) Clarke says: "I have found Phosphorus the best antidote to the effects of (electrical) storms."

Morphia acetate; as antidote.

X-ray, Psorinum. Tuberculinum, to remove the susceptibility (to the effects of electricity, including the effects of electrical storms.) (Allen, *Materia medica* of the nosodes.) Italics are my additions. (Stuart Deeks.)

Natrum carbonicum. Anxious and fearful < thunder-storms; not from timidity, but from electric changes in the atmosphere. Heaviness of legs and feet, with tension in them, when sitting or walking. Unsteady walk. (Phatak.)

Mobile phone. A South Downs School of Homoeopathy proving. 1999. It is interesting to read this proving and compare it to provings of Electricitas.

In Murphy's repertory; ELECTRICITY, ailments from – nat-c, phos. Amel, - sil. electric shock agg. – phos. ailments from – morph., phos.

Also to consider the larger rubrics: ELECTRIC shocks, sensations and ELECTRIC sparks, sensation.

#### MATERIA MEDICA.

The *Materia Medica*, which follows the proving, brings together the findings of our proving and can be considered alongside Clarke's.

## CASES.

These are from my recent practice. (Stuart Deeks.)

### FRANCES WILBURN'S PROJECT

I have included much of Frances Wilburn's project on Electromagnetic Fields. It was her final college year project and was completed around the time of the proving. It is a thorough examination of the subject. In addition there is a resume of it to give a brief introduction to the subject.

THANKS - Firstly to all the provers/supervisors; and to the Homoeopaths who helped at the stage of editing and sifting through the notebooks, and helping in the choice of rubrics; to Fiona Condie for her typing, help with editing, and computer skills tuition; to Frances Wilburn for sharing her project with us; and to the South Downs School of Homoeopathy for engaging me in this absorbing work.

### PROBATION PERIOD FOR OUR FINDINGS.

Now begins the time to test out the findings in practice. We hope you find this material useful. If you have any comments or can contribute from your own experience of the use of this remedy please contact the college directly or email me. It can then be added to this material at a later date.

South Downs School of Homoeopathy email : <homoeopath@ntlworld.com>

Stuart Deeks email : [stuart.deeks@homecall.co.uk](mailto:stuart.deeks@homecall.co.uk)

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### PROVER D.O.B. POTENCY TAKEN

- |    |          |                             |
|----|----------|-----------------------------|
| 1) | 30.12.71 | 12CH                        |
| 2) | 21.04.61 | 200CH                       |
| 3) | 19.11.54 | 200 CH (Meditative proving) |
| 4) | 14.06.80 | 200 CH (Meditative proving) |
| 5) | 05.06.56 | 30CH                        |
| 6) | 25.09.82 | 200CH                       |
| 7) | 29.10.48 | 12CH                        |
| 8) | 11.07.59 | 12CH                        |

## THE PROVING

Times are indicated as follows: Day.Hour. Minute. 00 is Day 1, 01 is Day 2, etc. So 00.00.00 is the time of beginning the proving - taking the first tablet, (or the single tablet in the case of the two meditative provers.) When a Day number is followed by XX.XX this is a record of events on that day, without importance or significance attached to specific times.

### BODY PARTS AND PHYSICAL SENSATIONS

#### HEAD

1)

00.02.15 My head feels heavy and I'm aware of all the noises inside my neck when I rotate it. It's so noisy! The way my ears conduct noise has changed: sound seems louder inside my head than outside.

00.04.30 I feel very heavy and tired.

02.XX.XX Woke this morning with a very heavy head. I found it really hard to wake up and am still struggling to be fully present.

Midday report. The heavy feeling in my head has been with me all morning. My neck feels weak and there is a tight ache around the crown of my head. It almost feels like the effects of dehydration, but yet I've continued to drink huge amounts of water. I'm still slightly aware of fuzziness in my vision. While leaning my head forward to write this, my neck feels like it needs supporting. I'm teaching a dance class this afternoon and wonder if I'll feel affected physically.

Evening Report. There is a lot of sensation from the neck up. A crackling in my neck and again the heavy - headedness. It feels as though a weight is upon my crown. I can hear noises inside my head, occasional high pitches and a constant low buzzing. I am very tired tonight and plan to sleep early.

03.XX.XX I awoke very heavy headed this morning and with some restriction in my throat. My throat relaxed with drinking warm teas. The pressure in my head remains. It is not a pain, just a weight greater than usual. My nose is beginning to run.

Evening Report. All my symptoms are from the throat up. My throat feels dry and slightly inflamed. About half an hour ago I began to feel a popping in my right ear. It's a cracking, popping noise, similar to the noises in my neck. Again everything is louder inside my head than outside. The weight upon the top of my neck is moving down the sides. The tension is tightening around my ears and the back of my jaw. I'm feeling tight and heavy from the throat up.

Later that evening. My ears have got tighter and begun to ache. It's a discomfort rather than a pain. The sensation is rather like the feeling one expects after a long haul flight – exhausted, heavy headed with crackling in the ears.

A little later; my nose has begun to drip, then to stream – maybe this will help to relieve the tightness in my head.

04.XX.XX Once again I feel sluggish this morning, finding it hard to get going. My nose was blocked first thing, and since then I have needed to blow it often. I have a mild cold. The throat has eased but still needs to be cleared regularly. The heaviness in my head

has lifted, although the tightening in my ears, especially the right is more apparent. The right lymph gland in my throat is always pronounced, but today it is larger.

Later that day. Have just completed a very enlivening mornings work. I felt very creative and focused. On leaving I realised that I have been somewhat creatively stumped since this proving began. As the heaviness lifted, so has the lull in my energy. I feel as though my light was switched back on this morning.

05.XX.XX I seem to have developed a cold. My throat is raw/sandy and my nose and head feels full.

06.XX.XX Woke at 7 am. I could not rise so spent the next 2-3 hours dozing. My cold is much heavier and I am generally feeling very weak and depleted. Since rising I have been experiencing sharp pains on both sides of the crown of my head, much < motion and > lying down.

Mid-afternoon and my spirits are lifting. My cold is heading for my chest now with the mucus thickening up. I still feel very heavy-headed. My thoughts have all slowed down, my mind is lazy.

07.XX.XX My head feels much clearer this morning although my chest is tight and my voice is deep and barely able to rise above a whisper. I'm sitting at work and my voice has almost gone – I do however, feel much better in myself than I have all week. My brain is sharper at last, and I feel that I am getting back on track.

There is a general lift in all the symptom patterns on this day.

08.XX.XX Still feeling full of thick mucus, with occasional popping in my ears. The right ear especially gives me a sharp ache at times.

09.XX.XX After a bath this morning, both of my ears became blocked for about three to four minutes. There was a ringing inside my head, which got louder and louder. It rose to a deafening pitch and my heart rate increased at the sound of it. Having real trouble clearing it, I tried swallowing and forcing myself to yawn but nothing helped. I began to feel nauseous and dizzy. After about three minutes my ears cleared, left then right. I was left feeling very light-headed. My right ear still has a strange sensation in it – it feels like the awareness of the absence of an ache

11.XX.XX My head now feels clear and I am able once again. I am surprised at how slowly my sinuses are taking to clear since my cold. All day I have been producing thick gluey mucus – copious amounts. Although I feel much better in every other way, it is beginning to bore me now. It almost feels like it would at the beginning of a cold, not the end.

15.XX.XX I feel that the proving is over, as I feel nothing out of the ordinary any more, but I still have excessive nasal mucus.

3)

Five days prior to the proving. Received remedy. During the day I developed 'cracking' headache across forehead and feeling of pressure and fullness in head – lasted until the following day.

4)

Five days prior to the proving. Had a strange dream that night. I was having an osteopathic treatment and my practitioner fell asleep on me. I then woke him up and he told me the problem was all to do with metal. I think I was seeing him for headaches or something like that.... Anyway he then went off and in came another osteopath who said



the same thing 'It was all to do with metal.' I then found myself walking outside this old building that seemed like a single castle turret and inside was a musty old library. Woke up.

The day before the proving. Woke up with a dull headache – left side and achy over eyes. Not feeling particularly alert. Sense of dullness but calm.

During Meditative Proving. At one point my left shoulder started to ache up into the neck. There was a slight pain moving up into the neck that was quite sharp. There was a sharp pain in the ear. Eustachian tube blocked – shooting into the ear.

5)

01.XX.XX Evening report. Upper back, especially between shoulder blades, very stiff; it's as if the vertebrae have been fused together. Flexion in any direction pulls on spine. This has been getting progressively worse through the evening and has caused tension at the base of skull. It feels very tight; I would love a really hard massage, can't get to it myself. Forward flexion and rotation is difficult.

02.XX.XX Evening report. Thoracic spine really stiff, also neck and shoulders, < sitting. Still have headache at base of skull. It feels as if it has been compressed, as if I need to stretch out.

03.XX.XX Headache and horrible tension at base of skull have gone.

04.XX.XX Don't feel so foggy around my head.

## RUBRICS

Numbers are page numbers of Rubrics in Robin Murphy's Homeopathic Medical Repertory, Second Edition, 2003. (NR) = New Rubric

HEAD, constriction, tension 873

HEAD, constriction, tension, pressure amel 873

HEAD, constriction, occiput 874

HEAD, heaviness sensation 885

HEAD, heaviness sensation, lean on something, desire to 885

HEAD, heaviness sensation, motion from 886

HEAD, heaviness sensation, vertex 888

extending to sides of head 888 (NR)

HEAD, stiffness, sensation occiput in 901

HEAD, tension, occiput 902

HEADACHE, neck pain 941

HEADACHE, neck pain, neck, nape of 941

## VERTIGO / TINNITUS / EAR / HEARING

1)

00.02.15 My head feels heavy and I'm aware of the noises inside my neck when I rotate it. It's so noisy! The way my ears conduct noise has changed: sound seems louder inside my head than outside.

02.XX.XX I can hear noises inside my head: occasional high pitches and a constant low buzzing.

03.XX.XX While driving I found it impossible to concentrate at the same time on conversations within my van as well as on the road outside. I entered into my own bubble and wasn't even present with my children or the friend chatting away. The way my ears are receiving noise is adjusted. There are other noises in my head preventing outside sound from getting in properly. My vehicle is a camper van filled with electrical wires. During this proving I found it unusually difficult to concentrate on my driving, missing turnings and misjudging distances.

Evening Report. About half an hour ago I began to feel a popping in my right ear. It's a cracking, popping noise, similar to the noises in my neck. Everything is louder inside my head than outside.

Later that evening. My ears have got tighter and begun to ache. It's a discomfort rather than a pain. The sensation is rather like the feeling one expects after a long haul flight – exhausted, heavy-headed with crackling in the ears.

05.XX.XX The crackling in my ear has continued, especially the right side, and occasionally it screeches. It is not a piercing screech but one which travels deep into my head.

08.XX.XX Still feeling full of thick mucus, with occasional popping in my ears. The right ear especially gives me a sharp ache at times.

09.XX.XX After a bath this morning both of my ears became blocked for about 3-4 minutes. There was a ringing inside my head, which got louder and louder. It rose to a deafening pitch and my heart rate increased at the sound of it. Having real trouble clearing it, I tried swallowing and forcing myself to yawn but nothing helped. I began to feel nauseous and dizzy. After about three minutes my ears cleared, left then right. I was left feeling very light-headed. My right ear still has a strange sensation in it – it feels like the awareness of the absence of an ache.

I have since considered the possibility of my symptoms being aggravated by the water.

11.XX.XX As my head now feels clear the noises in my ears have ceased.

2)

02.XX.XX My familiar tinnitus is changing pitch and pattern. It has become louder in my right ear. I bent down and went deaf in my right ear, except for a very loud, high pitched sort of radio signal sound, which lasted about one minute.

04.XX.XX Tinnitus quieter today.

09.XX.XX Went out to a concert and got hopelessly drunk surprisingly quickly.

Walking home from the concert, I felt off balance, as if the metal fence in the street was magnetic and drawing me to it. It felt as though I was having difficulty walking through the force field.

15.XX.XX Woke up feeling physically and emotionally unsure.

If I close my eyes and move, I feel completely off balance.

16.XX.XX Vertigo still with me, feeling nausea when rolling over in bed.

At night-time my tinnitus is sounding like a far off motorbike.

18.XX.XX I experience occasional vertigo when closing my eyes, bending or lying down. My ears were painful this morning and there was a noise like the sound of a fax machine in my right ear.

19.XX.XX My tinnitus sounds like a motorbike in the distance.

21.XX.XX Felt dizzy and drained all day.

22.XX.XX Felt nauseous with terrible vertigo. (By now her gynaecological symptoms were beginning to develop. See section Female / Breasts page 23 for details.)

## RUBRICS

HEARING, acute hearing, noises to 995

neck inside 995 (NR)

HEARING, deafness, temporary, stooping after 997 (NR)

HEARING, noises, in ears 1000

HEARING, noises in ears, buzzing 1001

HEARING, noises in ears, crackling 1002

HEARING, noises in ears, hissing, a radio signal, as from 1004 (NR)

HEARING, noises in ear, ringing 1006

HEARING, noises, in ears, vertigo with noises in ear 1011

VERTIGO, Closing, eyes, on. 1879

## VISION/EYES

1)

00.XX.XX Within ten minutes of taking the tablet, I became aware of visual tracings. Moving my hand before my face, my fingers seem to leave behind a trail. When moving my head, objects seem to blur and when gazing, nothing seems still – like the blur of a fuzzy television screen between the object and myself.

00.02.15 Two hours on, vision remains the same.

02.XX.XX Midday. I'm still slightly aware of fuzziness in my vision.

This evening, having taken the fifth pill, I'm aware of the fuzziness in my vision again. This is most apparent in artificial light. The movement of objects between my eyes and the light has slowed down. Stationary objects seem to drift into focus.

3)

Before the meditative proving: Feeling positive, strong with lots of energy – almost too much – adrenalin pumping. Very aware of the brightness of the day and surroundings being enhanced: light-enhanced.

There are many visual impressions in her text – please refer to her meditative proving notes, page 47.

5)

02.XX.XX Found focus of eyes difficult.

03.XX.XX Vision while running was not sharp. Now vision still has no clarity.

7)

01.XX.XX My eyes and mouth seem dry again. My eyes are prickly, dry and sore.

06.XX.XX Afternoon. I feel weary and my eyes are very sore. They have been since waking, and my right eye was slightly crusty in the corner. When driving home from work, I take a wrong turning. Somehow I can't see as well in the dark as normal. Evening. Eyes still sore.

07.XX.XX Still feeling tired and my eyes are very dry and sore, which is odd as I have not done any computer work this week or heavy reading.

08.XX.XX My eyes are dry, red and sore. I feel as if I may be getting a cold. I am screwing my eyes up as I am driving. Night vision is poor.

09.XX.XX My eyes are sore and the skin above them is puffy.

10.XX.XX Eyes not so sore anymore.

11.XX.XX Driving home in the dark seemed an eyestrain again. I am ultra sensitive to the glare of other headlamps.

12.XX.XX Again, difficult driving in the dark.

19.XX.XX The glare of oncoming lights still makes me wince.

28.XX.XX Headlamps still hurt my eyes.

## RUBRICS

VISION, blurred vision 1896

VISION, blurred vision, artificial light in 1896 (NR)

VISION, indistinct 1907

VISION, objects in vision, blurred outlines 1908

VISION, objects in vision, indistinct 1908

VISION, unsteady 1911

EYES, dryness 539

EYES, dryness, eyelids 540

## NOSE / SMELL

1)

03.XX.XX My nose has begun to drip, then to stream – maybe this will help to relieve the tightness in my head.

04.XX.XX My nose was blocked first thing and since then I have needed to blow it often. I have a mild cold. Later that day. The mucus in my nose is also thickening.

05.XX.XX At night my nostrils are alternatively blocked, depending on how I lie.

08.XX.XX Mucus thickening more.

15.XX.XX I still have excessive nasal mucus – but even this is beginning to feel normal.

7)

00.XX.XX My sense of smell seems heightened, carpet smells fusty, the man's body odour in the room next to me is heavy and musty.

My mouth and nasal membranes are very dry.

01.XX.XX All my senses seem heightened now. Am very aware of the air in my nostrils. The smell of some flowers is sharp in my nostrils.

02.XX.XX Have sneezed quite a lot, yesterday and today, mainly in the morning. I haven't got a cold.

03.XX.XX "Wet" sneezing fit again; two or three big sneezes.

8)

06.XX.XX 07.30 Awoke feeling as if I had a cold with sore throat and itchy nose. Much loud sneezing on rising. 08:30 Sore throat gone, and nose clear! Although the weather is cold, I need to have window open in the car as nose starts to block. 14:00 Awoke after a nap, lots of loud sneezing for half hour, then again all symptoms gone.

07.XX.XX Awoke to sneezing again. This starts with a sensation as if there was a small pin pricking my nasal cavity. Running clear liquid from nose for about 15 minutes then goes away. Feels more like an allergy, not a cold.

08.XX.XX Morning. Exactly the same nasal symptoms as yesterday, lasting for about 15 minutes.

10.XX.XX Still waking up to sneezing bout, runny nose, (clear and watery).

## RUBRICS

NOSE, catarrh, mucus, congestion 1496

NOSE, catarrh, mucus, congestion, constant 1496

NOSE, catarrh, mucus, congestion, chest to 1496

NOSE, coryza, general, alternating sides 1499

NOSE, coryza, general, extending to chest 1500

NOSE, coryza, general, fever with 1500

NOSE, discharge, general, copious 1503

NOSE, dryness, inside 1509

NOSE, coryza, watery, discharge 1501

NOSE, discharge, general, watery 1507

NOSE, itching inside 1513

NOSE, smell, general, sensitive to odours 1523

NOSE, sneezing, morning, on waking 1526

## TONGUE / TASTE / MOUTH

1)

01.XX.XX I've been aware of a bitter taste in my mouth. It remains, far back in my mouth, down my throat.

05.XX.XX My taste sensation has totally gone, except to differentiate between sweet and savoury.

06.XX.XX My sense of taste is entirely absent.

07.XX.XX My taste sensation is very gradually returning.

7)

One day prior to the proving. Mouth and nasal membranes very dry.

01.XX.XX Slept heavily & woke with a foul taste in my mouth. My tongue felt heavy, as if I'd been drinking alcohol, which I hadn't at all.

02.XX.XX This morning my mouth feels sticky, my breath isn't sweet, but not as foul as yesterday

11.XX.XX Woke with a sticky mouth and bitter taste.

## RUBRICS

MOUTH, dryness, mouth 1428

TONGUE, taste, general, offensive, morning 1852 (NR)

TONGUE, taste , general, bitter 1849

TONGUE, tastelessness of food, coryza in 1854

## THROAT

1)

01.XX.XX My throat feels very dry and was slightly closed this morning – this eased during the morning.

02.XX.XX My throat is a little tight with a slight running in my nose – especially right side.

03.XX.XX I awoke very heavy headed this morning and with some restriction in my throat. My throat relaxed with drinking warm teas.

Evening Report. All my symptoms are from the throat up. I'm feeling tight and heavy from the throat up. My throat feels dry and slightly inflamed.

04.XX.XX The throat has eased but still needs clearing regularly. The right lymph gland in my throat is always pronounced, but today it is larger.

05.XX.XX I seem to have developed a cold. My throat is raw/sandy and my nose and head feels full.

07.XX.XX My head feels much clearer this morning although my chest is tight and my voice is deep and barely able to rise above a whisper.

Evening Report. Voice slowly returning. Sense of taste also returning.

## RUBRICS

THROAT, dryness, throat 1820

THROAT, inflammation, throat 1823  
THROAT, raw, pain 1831  
THROAT, scratching, sand as from 1832  
THROAT, sore, morning waking on 1834  
THROAT, tension, right side 1838

## STOMACH / NAUSEA

2)

16.XX.XX Feeling of nausea when rolling over in bed.  
22.XX.XX Felt nauseous with terrible vertigo.

4)

Meditative Proving - Felt a wave like motion and then I found myself on a boat; I was starting to feel nauseous (seasick). I wanted to vomit and I did mentally/energetically, and felt better for it. After I vomited I felt my body change into a hard, strong physical solid rock and I became emotionally detached.

5)

01.XX.XX Evening report. Feel nauseous but not sick. This cleared quite quickly.  
02.XX.XX Felt nauseous on getting up, a bit like in early pregnancy, but it passed within ten minutes. Felt hungry about 15.30 but as soon as I started eating I felt vaguely sick. Have felt a bit sick since brunch at 12.30; sandwich made it worse.  
Later that day. Have been out and about shopping. Feel exhausted and nauseous again. Nausea is in my chest, not really on my stomach.  
03.XX.XX Nausea gone. No further digestive symptoms.

8)

00.XX.XX Ovulation day; I usually have trapped wind and colic. Half hour into proving, much passing of wind (up and down). Usually takes a couple of days to pass, but all gone quickly this time.  
Later that evening: Slight discomfort in epigastrium, as though I have eaten too much. (Have eaten nothing.)  
01.XX.XX 07:30 Still feeling of discomfort in epigastrium, feeling of being too full and slight feeling of nausea. Lots of burping. Unable to finish morning drink. 14:00 Unable to eat or drink or eat until now, as discomfort in stomach is leading to a feeling of nausea. Still lots of burping, sudden onset, making a barking sound, most unpleasant. 19:00 I made sure I ate a late dinner before taking remedy. Good job, as nausea and discomfort return as soon as I take remedy.  
02.XX.XX Immediately felt the same symptoms as yesterday. Discomfort in epigastrium, acidic feeling, nausea and much burping. Still a barking sound. 12:30 Nausea subsiding, but I still can't face the thought of food. 14:00 Only now can I face the thought of food. As soon as I have eaten (a light lunch) it feels stuck in my stomach. 21:00  
Take last remedy, start producing barking burps immediately.  
03.XX.XX No symptoms today. No gastric problems.

## RUBRICS

STOMACH, belching, general 1723  
STOMACH, belching, loud 1728  
STOMACH, fullness, sensation, eating, after, ever so little 1741  
STOMACH, heartburn 1742  
STOMACH, nausea 1748  
STOMACH, nausea, eating while 1750  
STOMACH, nausea, eating after aggravates 1750  
STOMACH, nausea, food, thought of food eaten 1751

## FOOD / APPETITE / THIRST

1)

00.02.15 I'm just beginning my second pint of water since 7 pm. Always do consume large amounts of water, but this seems excessive for the evening.

01.XX.XX Have been thirsty today, drinking lots of water. Not sure where it is going as I'm not sweating or urinating more than usual.

02.XX.XX The heavy feeling in my head has been with me all morning. My neck feels weak and there is a tight ache around the crown of my head. It almost feels like the effects of dehydration, although I've continued to drink huge amounts of water.

03.XX.XX Appetite remains normal, but thirst is still increased.

Evening report. I continue to find my thirst unquenchable and feel really tired, unusually so for this time of day.

06.XX.XX My thirst is still noticeable, yet today I seem to be ignoring it. I have to force myself to drink.

2)

00.01.30 Unusual hunger for meat.

01.XX.XX Desire for meat still present

3)

Five days prior to the proving. Hungry and more thirsty than usual.

04.XX.XX I notice that I am more hungry than usual – feel like snacking all the time, but no appetite for a big meal.

5)

02.XX.XX Mid-afternoon. Have been working until now. Forgot about lunch, have no appetite. Must make myself eat something.

02.XX.XX Felt hungry about 15.30 but, as soon as I started eating, I felt vaguely sick. Have felt a bit sick since brunch at 12.30, sandwich made it worse.



Evening Report. I'm hungry again now but don't fancy anything. This is unusual, as I normally have a good appetite. Don't want to drink either; I normally drink two or three litres of water a day.

7)

One day prior to the proving. My appetite is inconsistent. – Mostly not especially hungry. Am “nibbling” light stuff with occasional cravings for protein – lamb, ham. I am not a big meat-eater. Am thirsty. Have been thirsty since the weekend.

01.XX.XX Had a proper thirst but not hungry today.

02.XX.XX Thirsty not hungry.

03.XX.XX Very thirsty, so drank three quarters of a litre of water in one go.

05.XX.XX I am still thirsty, not yet hungry.

06.XX.XX Thirsty all day.

07.XX.XX Still not hungry but very thirsty and urinating a lot.

12.XX.XX I still don't have a massive appetite.

13.XX.XX Don't feel hungry, but I am thirsty again. Evening. Had two glasses of wine for my daughters' birthday celebration and this went straight to my head.

20.XX.XX Feel thirsty.

23.XX.XX Not hungry but thirsty.

42.XX.XX Thirst continues.

8)

01.XX.XX Still feeling of discomfort in epigastrium, feeling of being too full and slight feeling of nausea. Lots of burping. Unable to finish morning drink.

Afternoon: Unable to eat or drink or eat until now, as discomfort in stomach is leading to a feeling of nausea. Still lots of burping, sudden onset, making a barking sound, most unpleasant.

02.XX.XX Midday. Nausea subsiding, but still can't face the thought of food. 14:00 Only now can I face the thought of food. As soon as I have eaten (a light lunch) it feels stuck in my stomach. Evening. Have a craving for uncooked food and garlic. So I prepare a salad.

07.XX.XX Sensation of nausea again after lunch. Still noticing a craving for uncooked food.

## RUBRICS

FOOD, appetite, loss of 727

FOOD, meat, general desires 739

FOOD, meat, general desires, must have 739

FOOD, raw food, desires 741

FOOD, thirst general 744

FOOD, thirst, unquenchable 746

FOOD. thirst, large quantities for 746

## BOWELS

7)

02.XX.XX Have not had a bowel movement today. Usually do daily, at least once.

03.XX.XX Still haven't had any bowel movement!

04.XX.XX This is the third day I've not had bowels open. I'll have to drink even more water.

05.XX.XX At last bowels open. Three days since the last time. I haven't felt bloated or uncomfortable, which I would normally.

09.XX.XX Bowels back to normal.

18.XX.XX Notice that I haven't had bowels open today. Am hardly preoccupied with this, as it's mostly normal and I am in no discomfort – in fact, if anything, I have felt more comfortable with my digestion lately, and maybe since taking the remedy.

## RUBRICS

RECTUM, constipation, general 1596

## HIPS / SPINE

5)

01.XX.XX Upper back, especially between shoulder blades, very stiff; it's as if the vertebrae have been fused together. Flexion in any direction pulls on spine. This has been getting progressively worse through evening. Has caused tension at base of skull, very tight, would love a really hard massage, can't get to it myself. Forward flexion and rotation is difficult.

02.XX.XX Spine, all of it, really stiff on getting out of bed, as if someone had wired up my spine. Difficult to move in any direction. Not painful but very stiff. Evening report. Right hip aches, is stiff. Thoracic spine really stiff, neck, shoulders, < sitting. Still have headache at base of skull.

03.XX.XX Energy better but lower back pain while walking, at level of iliac crest about lumbar 4/5. Worse on right. Tension gone from back of skull and neck. Still tight between shoulder blades, apparent when I bend head forward.

Coordinator's comment: These spinal symptoms may be connected with her having recently begun a strenuous yoga regime, but they were felt more acutely during the proving.

8)

06.XX.XX The last two evenings I have noticed some lower back pain. I do get this sometimes but it appears sharper. > lying on my left side.

## RUBRICS

NECK, stiffness 1466

NECK, tension 1469

SHOULDERS, stiffness 1635

BACK, pain lumber, evening 134

BACK, pain lumber, lying side, on the amel 136

BACK, sore pain, turning the body 149

BACK, sore pain, spine thoracic 151

BACK, stiffness 152

BACK, stiffness moving 152

BACK, stiffness, turns whole body to look around 152

BACK, tension, thoracic 154

BACK, tension extending to neck, 154

BACK, tension, scapula 154

BACK, tension scapula, extending to neck 154

HIPS, aching pain 1039

HIPS, aching pain, right in 1039

HIPS, stiffness of 1049

## FEMALE / BREASTS

1)

04.XX.XX I am currently on the ninth day of my cycle. Normally around the 14<sup>th</sup> day I ovulate and expect a slight increase in discharge. Today I have noticed a marked increase in discharge.

05.XX.XX I felt myself ovulate, left-side today, which will account for the increased discharge. My cycle is usually very regular and this is noticeably five days early.

2)

09.XX.XX My period started unexpectedly early and heavily, which explains my tiredness, irritability and low tolerance to alcohol.

21.XX.XX Woke constantly during the night with nagging right sided inguinal pain. The pain is constant all day and hard to ignore. Walking is very uncomfortable sending 'shock waves' of pain through the abdomen. Felt dizzy and drained all day.

22.XX.XX Inguinal pain built up over night.

23.XX.XX I am questioning if these symptoms are related to the proving. My homeopath believes that as I have a history of ovarian cysts, the proving will not have caused this but may have flared it up.

25.XX.XX Back in hospital; the scan shows that an ovarian cyst has burst on my right ovary.

5)

01.XX.XX Period started in the night. Cramps in lower abdomen which is unusual for me. I don't often have any discomfort with my period.

Breasts are agony, especially on losing support of bra. They have increased in size. Bra was tight, couldn't wait to get it off, very tender to any pressure or movement. Any breast tenderness would normally get better by start of period, not worse. Left breast worse than right and larger, more than is the case normally. Feel spongy and soft.

Breast tenderness is an old symptom, but I have not had it for six months, maybe longer. It reminds me of when I was breast feeding. Before, they would feel lumpy, now I can't feel any lumps. It's like they've been pumped up with jelly.

02.XX.XX Abdominal cramps have gone.

On waking breasts a little less tender, otherwise the same.

Later that morning – went for a run. Breasts very tender from movement.

All the usual menstrual symptoms of this prover were noticeably heightened during the proving.

03.XX.XX On waking breasts still tender, maybe a little less. Later that day – breasts still tender to movement and pressure.

04.XX.XX Breasts still swollen and sore.

06.XX.XX Breasts still tender and larger than usual, especially left. Nipples itch, particularly left, can't satisfy the itch, just hurts to scratch or squeeze, itch remains.

07.XX.XX Feel pretty normal except for breasts. No change.

08.XX.XX No change except nipples have stopped itching.

11.XX.XX Breasts still huge and tender, no sign of abating.

12.XX.XX Breasts have deflated and my body is back to the normal size, more or less.

15.XX.XX Breasts still painful and again not quite as normal. Still tender to touch and lie on – just like when breast feeding.

23.XX.XX Still have slightly enlarged breasts, and oedema of the ankles.

## RUBRICS

FEMALE, menses, cramps during 666

FEMALE, menses general, frequent, too early, too soon 667

FEMALE, menses general, profuse 667

BREASTS, fullness 221

BREASTS, fullness, sensation of 221

BREASTS, itching nipples 222

BREASTS, pain 223

BREASTS, pain, pregnancy during 223

BREAST, pain, menses during 223

BREASTS, pain, pressure aggravates 223

BREASTS, pain, supporting amel 224  
BREASTS, pain, touch, on 224  
BREASTS, sensitive 224  
BREASTS, sore pain 226  
BREASTS, sore pain, menses during 226  
BREASTS, swelling of 226  
BREASTS, swelling of, menses during 226  
EXTREMITIES – Legs, hands, ankles, joints

1)

05.XX.XX In a dry, shivery, fevered state tonight. I am experiencing intermittent pulsing pains in my legs – right outer ankle – left knee.  
This sensation came at a time when I felt a marked lack of vitality.

2)

12.XX.XX My wrists feel puffy and painful at inter-carpal joints. I cannot wear a watch or grip objects. If I stroke upwards from my hands to my wrists, I get a bruised feeling.  
13.XX.XX My wrists are not as swollen but my grip has totally gone. I can't open a jar or even a packet of crisps and my fingers feel weak.  
16.XX.XX I wonder if alcohol is aggravating my puffy hands and wrists.  
18.XX.XX My wrists and the back of my hands are still aching with extra fluid in them. My fingers still look puffy.

3)

Towards the end of the meditative proving. "We had been asked to imagine putting our hand into white light".  
The final experience of putting my hand into the light was that it became enveloped in a thick goopy white substance which flowed up my arm and enveloped my whole body. I shivered and shuddered as it did this – not unpleasant, and in fact I felt energised by the experience.

5)

01.XX.XX Oedema in my lower legs, especially right side; deep dents around ankles from socks.  
03.XX.XX Oedema less.  
07.XX.XX Oedema has almost gone.  
11.XX.XX Oedema increased again in my lower legs before I went to bed.

7)

04.XX.XX I wake early. I feel tired and my calves ache. Both of them, when I move about. It feels as if someone has gripped them hard, as if squeezed by two hands. They are really painful until my legs loosen up.  
That evening. My calves are really hurting still, and my legs feel stiff.  
05.XX.XX Calves hurting throughout the day.  
06.XX.XX Calves are OK now.

See also Delusions section regarding hands and feet, page 37.

8)

07.XX.XX Pain in left elbow, achy and tight, > movement.

10.XX.XX Have realised that all my fingernails have flaked and broken, have had to cut them all. Have also notice some subconscious finger picking occurring. On reflection, I have found my skin to be quite dry this week.

11.XX.XX Evening. A pulsing twitch in my left calf muscle, not painful at all. Lasted about five minutes then stopped.

## RUBRICS

ELBOWS, aching pain 492

ELBOWS, constriction, left 492

HANDS, nails brittle, fingernails 843

HANDS, swelling 857

HANDS, swelling, fingers 858

HANDS, vesicles thumbs, between thumb and index finger 865

HANDS, weak, hands 866

HANDS, weak, powerless 866

WRISTS, swelling 1919

ANKLES, pain ankles, pulsating 72

LEGS, pain legs, extending downwards 1144

LEGS, pain legs, extending upwards 1144

LEGS, pain, calves 1145

LEGS, pain, pulsating 1145 (NR)

LEGS, pain ,legs, wandering 1145

LEGS, stiffness 1161

LEGS, swelling 1162

LEGS, swelling ,menses, during 1162

LEGS, swelling lower 1163

LEGS, swelling lower, menses, during 1163

LEGS, twitching, calves 1169

JOINTS, stiffness, joints 1076

JOINTS, stiffness joints, rising on 1077

## SKIN

1)

04.XX.XX Have just discovered a large boil on my left upper back. This is very unusual for me. It burst easily and is now bleeding.

06.XX.XX The skin on my face is unusually dry. There is some dusty flaking around my eyebrows and forehead.

07.XX.XX Skin remains very dry.

7)

One day prior to the proving. I had a few red pustules like pinprick spots on my forehead and a mottling and scaly dryness.

00.01.30 Blotchy red spots all over my forehead like a rash. Not itchy, skin very dry.

01.XX.XX Morning. Skin feels dry; mucus membranes feel dry, in nose especially.

Evening. I have still got red rash, more distinct spots on my forehead. Skin feels dry.

02.XX.XX Morning. Traces of red rash still there on my forehead.

Evening. Have a few red spots on the top of my cheeks now. Spots on forehead less conspicuous.

03.XX.XX Rash has almost gone from forehead, but my cheeks are freckled with redness. I am not at all bothered to be like this. Evening. Itchy back, all over, and a rash. Intense irritation, better for scratching.

05.XX.XX I notice my skin is still blotchy – a red mottled patch, dry, flaky above the nose. Similar on both cheeks.

07.XX.XX Haven't got any rash anymore.

09.XX.XX I've got a couple of teenage type spots on my cheeks and one on my forehead.

10.XX.XX One lingering spot on right cheek.

11.XX.XX There is a biggish yellow spot still festering on my cheek.

12.XX.XX Spot is still an eyesore. It is not coming to a head.

13.XX.XX My spot is still very obvious and puss-filled, yet doing nothing.

14.XX.XX I begin to feel a bit brighter, especially as the spot is clearing on my face (although I've got more red spots on my forehead – blotches and flaky).

16.XX.XX The red blotches above my nose and forehead are still conspicuous, dry, flaky skin there.

17.XX.XX Spot has gone on my face, forehead still dry and blotchy.

23.XX.XX Rash on forehead still conspicuous.

8)

08.XX.XX Noticed some small water filled vesicles on the base of my right thumb and right index finger. Later that day: Vesicles have now completely gone.

10.XX.XX Have realised that all my fingernails have flaked and broken, have had to cut them. Have also noticed some subconscious finger picking occurring. On reflection, I have found my skin to be quite dry this week.

## RUBRICS

FACE, dryness 578

SKIN, boils, large 1639

SKIN, dry skin 1644

## MIND : STATES OF MIND AND EMOTIONAL SYMPTOMS

Inability to focus and be calm. Emotional sensitivity. Energy levels, motivation and feeling positive (or not.)

1)

02.XX.XX Woke this morning with a very heavy head. I found it really hard to wake up and am still struggling to be fully present. The children woke early and I mumbled responses from my bed. This is very unlike me; I normally rise readily in the mornings and leap into action.

03.XX.XX While driving I found it impossible to concentrate at the same time on conversations within my van as well as on the road outside. I entered into my own bubble and wasn't even present with my children or the friend chatting away. The way my ears are receiving noise is adjusted. There are other noises in my head preventing outside sound from getting in properly. I felt a lack of inclination for my usual yoga session this evening, so practised a milder form. It was nice to enter a space within myself, gifting myself some time, but physically I was too tired to rouse the power.

04.XX.XX 1 pm: Have just completed a very enlivening mornings work. I felt very creative and focused. On leaving I realised that I have been somewhat creatively stumped since this proving began. Somehow as the heaviness lifted so has the lull in my energy. I feel as though my light was switched back on this morning. 11 pm: I am finding it hard to focus on any academic reading. I'm unusually tired and need a light book to send me to sleep.

06.XX.XX Doing a lot of sitting and gazing today, I can't quite engage my brain. Wondering what part the proving is playing in this cold. It is hard to focus on what is abnormal right now, my life is never usually so lacking in physical activity or mental stimulation. Tonight I just want to curl up and wait for this time to pass.

07.XX.XX My head feels much clearer this morning although my chest is tight and my voice is deep and barely able to rise above a whisper. My taste sensation is very gradually returning. My sons' spirit has returned today, and with this lift I feel that mine is also enlivened. My concentration has improved and I am now eager to find some time to focus on my work again. For the first time all week I feel a strong desire to do some bodywork. Will try to do some yoga this evening or organise some dance practice. I feel that I've got my movement and flow back again, both physically and emotionally.

2 pm: I'm sitting at work and my voice has almost gone – I do however, feel much better in myself than I have all week. My brain is sharper at last and I feel that I am getting back on track.

9.30 pm: Tonight I am really focused on my books – I feel like a cloud has lifted from my whole family. We all seem to be functioning again.

There was a general lift in all the symptom patterns today.

08.XX.XX Have been in good spirits this afternoon enjoying the children.  
Evening. Able to focus well.

09.XX.XX I am the type of person who thrives on having a full life. It seems that the more I have to do, the more I get done. This has not been the case during this proving time however. I have been feeling inactive and unable to get on with anything.

I met my proving supervisor today and together we tried to summarise this time. She had noticed my energy and enthusiasm dropping as the week went on. Midweek I got to the point where I could not even be bothered to believe in anything anymore. I



feel like I suspended myself for a few days. Feeling like I've returned now, there is joy in my heart once again.

10.XX.XX 10.30 am: Was out late last night but cannot have the sleep-in which my body needs as the children make it impossible. Whilst out, I made the most of a beautiful studio space to dance. I felt little inclination for social chat, but enjoyed lots of dancing. My body feels much more fluid today, having released so much trapped energy last night.

11.30 pm: I feel an increase in my energy levels today and can therefore say that I am back to normal activity. Despite my lack of sleep, have just spent the last couple of hours cleaning and sorting out.

13.XX.XX This is the first day in some time that I can feel my strength and vitality returning. My yoga was deep and strong and so, so healing. I'm feeling organised and on top of things. My studies are going well and I'm managing to find time for myself. Felt very alive tonight out at a music gig. Really enjoyed talking with others – nice creative bunch of people.

2)

00.XX.XX Feeling buoyant and energetic, which is unusual, as I am still recovering from the CFS that I have suffered for about eight years. My daughter tells me that I am more cheerful than usual.

01.XX.XX After a full nights sleep I felt refreshed for a change. I feel better motivated and slightly more buoyant than usual. This is strange as I had a big argument with the school governors about problems in my daughter's class – I usually avoid such confrontations.

02.XX.XX On waking felt the usual me, not as buoyant as in the past two days.

03.XX.XX Still feeling positive, but energy levels have dropped considerably: I need catnaps as the day goes on.

04.XX.XX Despite being woken up in the night, I managed to get back to sleep quicker than usual and when I woke I didn't feel tired. I studied all day and didn't even feel tired at 11 pm.

I still feel positive in my dealings with the school governors.

05.XX.XX I feel good again today, it seems as if I am unable to be negative.

07.XX.XX On waking I felt fed up and still tired. I am sure some exercise would warm me up and loosen my stiffness, but I just can't be bothered. After an afternoon sleep, I feel better in general and tackled college work with clarity of thought.

09.XX.XX I feel irritable today. I've no idea why this is. Forgetful and even more irritable as day went on. In the afternoon I began to feel more positive after a successful shopping trip, but rather tired.

13.XX.XX I feel physically and emotionally frail. I want someone else to make decisions for me. I want to give up my studies and just stay at home and hibernate, or at least hide from everyone. I'm beginning to regret the possibility of confrontation resulting from my issue with the school governors.

14.XX.XX Life feels overwhelming today, I wish everyone would leave me alone.

I feel very low this evening, a useless failure. Life would be OK if it were just me and my garden.

15.XX.XX I feel more positive and motivated today, but have lost the buoyancy of the first week of the proving.

16.XX.XX Woke up feeling physically and emotionally unsure.

18.XX.XX I am feeling emotionally insecure and lacking in confidence in my studies.

19.XX.XX I feel a little snowed under by the effort of having to tackle any task that involves emotion or intellect.

3)

Four days prior to the proving. Feeling very calm, peaceful, untroubled and loving – that I can take everything in my stride.

Three days prior to the proving. Tired, but still feeling very calm.

Two days prior to the proving. Feeling full of energy, despite being tired.

General observation prior to the proving. Feeling positive, strong with lots of energy – almost too much – adrenalin pumping. Very aware of the brightness of the day and surroundings being enhanced – light enhanced.

(Refer to complete text of her meditative proving, page 47.)

03.XX.XX Continue to feel positive with lots of energy, still sensitive to my surroundings but calm and steady.

04.XX.XX Tearful this morning, struggling to keep the energy going and feeling vulnerable. The proving experience feels closed and complete.

4)

Two days prior to the proving. I have felt particularly calm and peaceful. Feel the need to be practical and stimulated during the day, don't want to be wasting time. I have felt very tired early evening.

One day prior to the proving. I am still feeling fairly tired again in the early evening.

Morning of proving. Woke up with a dull headache, not feeling particularly alert. Sense of dullness but calm.

(Refer to complete text of her meditative proving, page 50.)

5)

00.XX.XX I feel wide awake, restless, which is unusual. By this time of night I'd normally be in bed or fallen asleep on the sofa. Feel calm even when husband is very irritating. This is unusual as my period is imminent.

01.XX.XX Evening. Feel really tired, falling asleep in the chair.

02.XX.XX Early evening. If I could, I would go to bed, but there is too much to do; I have to force myself to keep going.

05.XX.XX I watched a wildlife programme today and wasn't as sad as I would normally have been. My son went to play rugby and I usually worry about him getting injured – but not today. I feel less emotionally sensitive than usual.

07.XX.XX Feel surprisingly happy.

7)

Two days prior to the proving. I am feeling resilient at present & seem to be riding the waves of life with more optimism. I do not seem to let hassles get me down for as long as I normally would.

01.XX.XX I seem to have been switched on to laughter & smiles mode; nothing has got me down. Am feeling quite euphoric now; and this in spite of my tiredness. I was given a purple heart when I had my first baby and felt as good as this on that. Don't think much could "rock" me at present.

02.XX.XX I feel peaceful. This mood continues through the afternoon – no intrusive thoughts or worries, in spite of stuff to sort and there's chaos everywhere. I feel laid back.

03.XX.XX My mind is very still, unusually empty for me. My partner remarked on my mood. He commented how normally I'd have been a bit moody and difficult if he'd got back late. Just taking everything in my stride with no worries, instead. Seems there's been a change in my mood. Partner says I've become quite "bossy", acting like the "Grande dame". I feel-good humoured though.

04.XX.XX I begin to notice I'm less relaxed, feel more "drugged", and this makes me fractious and a bit cross and irritable.

05.XX.XX Feel tired and a bit flat – almost "cheated", as I'd felt so good till yesterday.

06.XX.XX Wake feeling heavy with sleep. I have a sense of everything being more than I can manage; I feel quite frustrated and don't know what to start on first. Begin one job, and find I'm trying to do another. Later that day - Wonder what the value of writing this will be – almost feel it's of no consequence, but carry on because I'm still with enough of my wits and sense of commitment to stay on the task.

Late evening - Can hardly keep my eyes open. My partner comments again on my extreme tiredness.

08.XX.XX Suddenly I feel a bit weepy and tearful. I can't figure out what it's about at all, except that I'm feeling generally a bit fragile and as if I don't want any nasty surprises. I'm still tired.

14.XX.XX On waking am in a very cross mood. Wish I was as laid back as two weeks ago again when I first took the remedy.

Evening - I begin to feel a bit brighter, especially as the spot is clearing on my face.

23.XX.XX Today I reflected on how volatile I have been this month, how many sub-personalities have been popping out in quick succession. My partner said this morning that my moods have been changing more rapidly than usual over the last month.

29.XX.XX My mood is high, as it was at the beginning of the proving.

32.XX.XX Feel ok. Am not aware of any great sensations, feelings etc. Feel things are normal.

40.XX.XX I have also noticed a continued desire to be out of doors. I've been on a "feel-good" high over the last few weeks and have felt contented with my lot.

## RUBRICS

MIND, concentration, general, difficult 1289

MIND, concentration, generals, difficult, can't fix attention 1289

MIND, concentration difficult, alternating with clear purpose 1289 (NR)

MIND, concentration, general, difficult, driving while 1290

MIND, concentration, general, difficult, conversation, during 1290

MIND, concentration, general, difficult, reading while 1290

MIND, concentration, general, difficult, vacant feeling, has a, on attempting to (concentrate) 1290

MIND, tranquility, serenity, duress, in situations of 1416 (NR)

Groundedness and Feelings of Connection / Perception of space & distance /  
Withdrawal and not in possession of faculties.

7)

Two days prior to the proving. I have a slightly distorted sense of time - getting days muddled by one day. The only other thing worth noting was that, as I was driving, cars seemed too close behind me, and each time I looked again, they appeared to have dropped back.

04.XX.XX I have not been able to gauge the distance when driving, and I trip up the stairs in the dark. I am not enjoying this feeling now, of not being in full possession of my mental faculties. It feels almost like a "withdrawal."

05.XX.XX I've only just checked my diary and found I'm down to do a shift at the charity I work for. I'd forgotten! This really is not like me.

06.XX.XX I go to collect laundered shirts and come back without them. I take a wrong turning and feel just as I did when I did this two days ago. Somehow I can't see as well in the dark as normal.

07.XX.XX I seem to be slow in doing things, as if I can't clear tasks.

09.XX.XX Still feel that things take me a long time to do.

13.XX.XX I feel light headed. It's a bit like in the first three days, but I don't feel so laid-back. I don't feel quite grounded. Am not too worried, as I've a light day, but I didn't expect this light-headedness and feeling of being spacey; without the laid-backness it isn't pleasant. Once, when I had a "pot" cake piece, I had a sense of zig-zag-ness as I came out of the euphoria, I've found myself thinking of that – except this seems much delayed.

40.XX.XX I seem to be pretty much my normal self, in fact focused.

The only trait that I continued to notice, which was very marked, was an amazing sense of connectedness with the people in my group, and a continued desire to act as if I'm Lady Bountiful ! This has reached the point where I've had to take stock, as I was spending as if there were no tomorrow with small and larger acts of generosity. I've also noticed a continued desire to be out of doors.

(Aspects of her dreams also relate to this section, see page 42.)

44.XX.XX Maybe my need to be in garden, countryside, buying plants etc. is an attempt to ground myself? I have had a heightened sense of "interconnectedness" with people over the last couple of months.

8)

05.XX.XX Feeling very tense and anxious today. Feel like the world is closing in, although due to practicalities it could well feel like this anyway. I want to hide, to go anywhere to avoid the emotional challenges.

21:00 I've had no time alone at all today. I would like everyone to go away and leave me alone. I want to cry, but can't. A bit tense and snappy with my husband. 23:00. I can't stay awake any longer, feel emotionally drained.

09.XX.XX I seem to be really clear and decisive, more so than usual.

12.XX.XX I felt very calm all day, despite being a bit upset to do with work.

Evening report: The calmness is now turning to sadness. I cried, but not until my husband came home. I generally prefer to be alone to cry.

## RUBRICS

MIND, company general, aversion to 1287

MIND, company, general, desire for alone 1288

MIND, company, feels disconnected, in 1288 (NR)

MIND, detached 1313

Heightened senses / Extravagance / Self-indulgence /Sensuality / Sexual feelings

7)

One day prior to the proving. I am thinking of my partner in a sexual way and wonder if this is the remedy.

01.XX.XX Driving through the countryside everything looked really beautiful; blue, blue skies and red light playing on the bushes. I felt the world was perfect. All my senses seemed heightened now. I felt really serene and happy. I remained in this mood throughout the day. During the day I suddenly began to reminisce about an old German boyfriend from my late teens.

Feel quite 'naughty!' at college; there was a lot of humour and sexual innuendo and I was very much in the swim with it.

02.XX.XX I'm also feeling quite extravagant, generally, and buy more nice things for the new place without fretting over the expense (usually feel guilty if spending money).

There's a feeling for me of self-indulgence about.

04.XX.XX My counsellor observes that she reflects my normal defences seem down. She commented on the more "wayward" past of my personality emerging, the sensual. Though still quite laid back, I'm now beginning to feel concerned that my defences have dropped too much, and I find myself, for the first time, less happy about the remedy's effect, especially as my calves are hurting.

05.XX.XX It seems as if my habitual critical faculties are gaining ground over the hedonistic, pleasure-seeker who was allowed out to play. Feels as if I'm trying to merge the two at present. I feel like a tethered beast with domestic chores still to shift; I would first love to get out in the sunshine again, but also want the house to be lovely. I wish I'd got servants!

06.XX.XX I feel flat – everything seems to lack texture and feels humdrum and drab now.

09.XX.XX I'm aware I still feel more inclined towards leisure and pleasure than rolling up my sleeves and getting on with stuff.

13.XX.XX I keep wanting to give people presents – an outward extravagance, I guess. I don't know if this is me or the remedy, but there's a definite feel of abundance or bounty about. A difficulty in maintaining a sense of balance. A feeling of disorientation.

I was once again very sensually aware. My senses are still heightened. I'm feeling weary

with this. Just as I felt I was back in my own skin, it was as if I've been made raw again. I'm also questioning how much of this is my own process, how much is to do with the proving.

40.XX.XX The only trait that I continued to notice, which was very marked, was an amazing sense of connectedness with the people in my group, and a continued desire to act as if I'm lady Bountiful!! This has reached the point where I've had to take stock, as I was spending as if there were no tomorrow with small and larger acts of generosity.

## RUBRICS

MIND, extravagance 1325

MIND, sensitive 1393

MIND, sensitive, external impressions, to all 1394

## DELUSIONS / ELECTRICITY RELATED SYMPTOMS

1)

03.XX.XX Out in the countryside today, I feel that the world is slightly surreal. My connection to the earth is strong, but the goings on of other people around me seem to be moving at a different pace to my own. It is like my vibrational field is out of synchronicity with others.

2)

09.XX.XX Walking home from the concert, I felt off balance as if the metal fence in the street was magnetic and drawing me to it. It felt as though I was having difficulty walking through the force field.

3)

Towards the end of the meditative proving. Final experience of putting my hand into the light was that it became enveloped in a thick gooey white substance which flowed up my arm and enveloped my whole body. I shivered and shuddered as it did this – not unpleasant, and in fact I felt energised by the experience.

5)

01.XX.XX Sensation, as if my feet and hands were first shrinking disproportionately to my arms and legs.....

02.XX.XX .....then I felt (on waking) that they were extending.

Early evening. Have got that odd feeling again that my hands and feet are shrinking – “Alice in wonderland” feeling, I call it.

03.XX.XX Again I can easily imagine my fingers growing longer.

## RUBRICS

DELUSIONS, enlarged, body, parts of 365  
DELUSIONS, enlarged, fingers 366 (NR)  
DELUSIONS, smaller, sensation of hands and feet shrinking 376 (NR)

## SLEEP / WAKING

1)

02.XX.XX Woke this morning with a very heavy head. I found it really hard to wake up and am still struggling to be fully present. The children woke early and I mumbled responses from my bed. This is very unlike me; I normally rise readily in the mornings and leap into action.

On reflection, (after knowing what the remedy is) perhaps because of my heightened sensitivity to electrical equipment, the electrical field of the digital radio alarm in my bedroom “weighed me down” in the morning.

03.XX.XX I awoke very heavy-headed this morning.

04.XX.XX Once again I feel sluggish this morning, finding it hard to get going.

That evening. I am finding it hard to focus on any academic reading. I’m unusually tired and need a light book to send me to sleep.

08.XX.XX Woke slowly again, so still not on full power.

09.XX.XX Still no inclination to rise in the morning. This is very unlike me; I am known to leap out of bed, as I’m a great lover of the mornings.

2)

01.XX.XX After a full nights sleep I felt refreshed for a change.

02.XX.XX On waking, felt the usual me, not as buoyant as in the past two days.

03.XX.XX Still feeling positive, but energy levels have dropped considerably: I need catnaps as day goes on.

04.XX.XX Despite being woken up in the night, I managed to get back to sleep quicker than usual, and when I woke I didn’t feel tired. I studied all day and didn’t even feel tired at 11 pm.

07.XX.XX On waking, I felt fed up and still tired. After an afternoon sleep, I feel better in general and tackled college work with clarity of thought.

3)

Four days prior to the proving. Woke three times in the night, restless.

Three days prior to the proving. Very restless night.

5)

00.XX.XX I feel wide awake, restless, which is unusual. By this time of night I’d normally be in bed or fallen asleep on the sofa.

01.XX.XX Feel really tired, falling asleep in chair.

02.XX.XX Woke up at 08.30, a lovely long sleep. Usually I’d wake around 06.30-07.00, even if I don’t have to get up.

03.XX.XX Another good long sleep.

11.XX.XX Didn't sleep well, every noise woke me up. Feel frayed and irritable from lack of sleep.

7)

01.XX.XX Went to bed but couldn't settle to sleep. Restless; began to feel "hyper" but without any thoughts! (That's odd for me because usually restlessness at night is accompanied by repetitious thoughts and mental activity.)

## RUBRICS

SLEEP, insomnia 1688

SLEEP, insomnia, noise from slight 1688

SLEEP, general, waking aggravates 1713

SLEEP, waking, general, difficult 1714

SLEEP, evening, falling asleep soon after 1714

SLEEP, general, waking impossible 1716

## DREAMS

1)

01.XX.XX I dreamt of an old friend, her hair was cut short in a masculine manner; she had an open plan flat and a very dependent child. Then I woke again with the image of another dream strongly etched on my mind. I saw round circles, five or six of them, lying flat on one side and raised on the other. They were dark in colour, perhaps rubber in texture. I didn't touch them and they didn't move, yet their image held very strongly.

03.XX.XX I remember two dreams very strongly. In one there was someone else's camper van, similar to mine. The roof rose in a clever mechanical way. But most interestingly it had an outboard motor and could cross the sea. The owners didn't make the best of this facility and I wished to swap vans.

The other dream brought the vision of wrapped 'things' lying flat. There was a space full of them. I cannot comprehend what they were, but they were all wrapped in some sort of rubbery plastic and seemed to be iced with white icing in a criss-cross pattern. I was expected to eat one or somehow introduce it into my body. There was a repulsion at doing this. They were dirty, having been sourced from a compartment in a dust truck. They were not mixed with the rubbish, but had been housed very close to it. I see a curious link with my previous dream – unidentified objects, lying flat on the ground. They seem to have no function or movement of their own, but yet wanted to be introduced into me somehow.

04.XX.XX My dreams last night contained concepts of hygiene and disgust again. There was a toilet being cleaned with a brush before it had been flushed. Again there was the feeling that my body should somehow be involved, but yet it repelled.

I see a theme connecting to the previous night's dream, where my body is rejecting something.

07.XX.XX I dreamt that I was at a station, rushing to catch a train. The trains appeared more like coaches and filled up without me very quickly. The realisation hit me that I



couldn't get to my destination by train and I was anxiously trying to retrace my steps in order to get there on time. I also became aware that I didn't have the things which I needed with me. A bit of a disorganised nightmare. (I am very behind schedule with my work this week, so perhaps I can attribute some aspects of my dream to this.)

09.XX.XX I had many different dreams last night. There was something of leaping across the tops of buildings. I was very clear about who would and who would not make the jump across huge drops. There seemed to be no real emotion involved.

In another I was talking to a man. We were engaged in deep philosophical conversation. I remember hugging him and giving him a quick kiss on the shoulder.

13.XX.XX Dreamt of the proving last night. I was chatting to another prover who has experienced a similar feeling of detachment to myself.

I feel that this dream marks the closing point of the proving for me.

3)

Five days prior to the proving. I had vivid dreams, woke middle of the night, sat bolt upright and had absolutely no idea where I was – completely disorientated and had to work hard on working out where I was. Had been in a very deep sleep.

The following day. Vivid dreams again, awoke feeling disorientated again, not as bad as previous night.

Two days before the proving. Feeling full of energy in spite of being tired. Very restless night, vivid dream of woman being impregnated by electric bright golden light, from the feet upwards, throwing herself on a bed, convulsing and her mouth getting wider and wider – giving birth from her mouth to an alien-like creature which then wriggled and squirmed on the bed. I was an observer and was not frightened or horrified. A positive rather than a negative impact.

01.XX.XX Last night very restless again – woke three times, hot and sweaty – vivid dreams. Dreamt that a fellow prover and I, two dogs and children were being pursued by some men. We had parachuted out of an aeroplane and hidden in her house, drawn all the curtains and were hiding – it was very frightening.

4)

Five days prior to the proving. Had a strange dream last night. I was having an osteopathic treatment and my practitioner fell asleep on me. I then woke him up and he told me the problem was all to do with metal. I think I was seeing him for headaches or something like that.... Anyway he then went off and in came another osteopath who said the same thing: 'It was all to do with metal'. I then found myself walking outside this old building that seemed like a single castle turret and inside was a musty old library. Woke up.

The following day. Last night I had a dream that a black woman was giving birth to a child and I had to deliver it. I was slightly panicking and saying I was only a student of homoeopathy and that I had no idea what I was doing. It didn't matter as everything was fine afterwards.

7)

Premonitory dreams ? A month before the proving.

I dreamt I was in a storm and earthquake, with wrought-iron, old-fashioned chandeliers swinging wildly as the room shook, and triangular-shaped lightening bolts

were being flung at scurrying individuals, branding their flesh as they sought safety. It had an end of the world feeling about it. Terrifying.

The following night, I dreamt I was leaping with others, (again it seemed like a survival situation,) from one large bridge to another over a vast expanse of water. Three weeks before the proving.

In my dream the local swimming pool had flooded and there was an ape-like monstrous corpse, upside down, bloated at the far end. I struggled out of the water and ran to escape, taking refuge where I could between a series of screened off changing rooms. When I found out I was in the Men's I panicked and woke up struggling to get out, as someone tried to press me back in, pushing against the door.

Ten days before the proving.

I dreamt of lots of cats. They came through barriers, and the sense was, if they had penetrated, other assailants might.

(This prover considers that these dreams may have been premonitions of the Tsunami disaster which happened a week after this last dream. At first she thought they were connected with the coming proving. Maybe they are in some way? The first one does include lightening bolts !)

Dreams in the week running up to taking remedy –

Three days prior to the proving. (By now I had been given my tablets ready for the start of the proving.) I was invited to a grand restaurant by my partner's boss who had sent my partner away, so he would wine & dine me in his absence. I was aware of a sexual motivation behind this.

Two days prior to the proving. Another dream with sexual undercurrents: an old "flame" comes back onto the scene to woo me. In real life, he was very self-centred, lazy, but in my dream he was doing jobs round the house to look after my ageing mother as if to show me he'd turned over a new leaf. I felt good after waking in both cases.

One day prior to the proving. I dreamt my partner was showering in the basement of a hotel in Paris instead of joining me in the bedroom, where I was pushed out of my bed by a lesbian couple, who were violent and then sick. I have felt this would not have happened had he been there with me. I was angry.

First dream after starting the proving.

01.XX.XX I dreamt last night I was on a "ride," a bit like a big-dipper, in the countryside. Instead of going through a water splash at the end of the ride, we went zipping through a tank of pig slurry which splattered us. Peter Cook, the comedian, was a "passenger" and got covered with this shit; I had a raincoat, that got splattered, but I was OK; I felt uncomfortable. Then I had a dream that I was at an end-of-school/college term fete, but I was only involved in a peripheral way. However, I was trying to recycle homoeopathic books amongst new students for the forthcoming year, and got very upset when one girl was just leaving hers to be pulped. Also, I'd brought along some of my paintings, which were in the combined style of Chagall and Lautrec, and these were acclaimed and put up for exhibition. My pleasure was spoiled by the thought of the wasted books.

02.XX.XX My dream was about a camper van holiday, which I don't remember doing ever.

03.XX.XX I dreamt that I was abroad somewhere and in a swimming pool.

04.XX.XX Dream: a Dutch woman, a neighbour from a former house, had rotivated my whole garden and dug up all my plants and shrubs. I wouldn't be placated even when she offered to put them back. This felt like an intrusion. A lack of respect for my space and my creation.

05.XX.XX Dreamt that my partner and Roger Moore (alias the Saint!) were interchangeable, and that I was having a secret “rendezvous” with him, meeting initially at a large continental railway station, but with the K.G.B lurking in the wings. These days there’s a sense of the sexual, the sacred and profane about for me, and I feel now that even last night’s dream of the garden motivated by the Dutch woman may have been a sexual one, as one of my past lovers rode off into the blue yonder only to be with a Dutch woman (not the woman in my dream). (So, in a sense, she spoiled my patch, my lovely garden.)

09.XX.XX My dreams of last night were of a holiday destination, and people were raking through my handbag for beauty products. The details escape me. I do recall that a heavily painted lady of foreign extraction – Greek or Spanish - appeared on a veranda, making some kind of play for my partner. I felt irritated by this, even though she looked more like a male in drag! (Heavily made up with coarse features.)

17.XX.XX I dreamt of going to London on a clandestine meeting for a rendezvous, duplicitously, and getting embroiled in an all-girls’ devil-defying feat in which I and others do a huge aerial scaling of a rope, using each other to hang on to, using something like heavy-duty hair toggles – elastic rubbery arm and leg bands – a bit like mountain climbing and being tethered together to help us reach the summit. There was also a sense of competition in this.

27.XX.XX Had dreams of living in a beach location with Brigitte Bardot and Marlon Brando. Can’t imagine why I keep dreaming of keeping company with the rich and famous! I’m not a celebrity fan!

35.XX.XX A dream in which I was in a hospital environment and found myself wiping down the walls of a shower-cum-oxygen tent. This image was powerful and disconcerting.

Provers Review. My dreams during the time of the proving have been different and new and very specific in content.

8)

01.XX.XX Three dreams of being poisoned. One by gas which I could smell and taste. The second by a pink and orange sticky fluid, and I can’t recall the third method. 1 dreamt of flying, which is not unusual, but I only went up to the ceiling as I did not want to show off!

## RUBRICS

DREAMS, amorous, sexual dreams 451

DREAMS, anxious dreams 452

DREAMS, anxious dreams continued after waking 452

DREAMS, betrayed, having been 453

DREAMS, disgusting 456

DREAMS, flying of 458

DREAMS, poisoned of being 463

DREAMS, repulsion, external influences to 464 (NR)

DREAMS, vivid dreams 467

DREAMS, vivid dreams, dreaming resumes with sleep 467 (NR)

## MODALITIES / GENERALS

### < MORNING

1)

02.XX.XX Woke this morning with a very heavy head. I found it really hard to wake up and am still struggling to be fully present. The children woke early and I mumbled responses from my bed. This is very unlike me; I normally rise readily in the mornings and leap into action.

03.XX.XX I awoke very heavy-headed this morning and with some restriction in my throat. My throat relaxed with drinking warm teas. The pressure in my head remains. It is not a pain, just a weight greater than usual. My nose is beginning to run.

04.XX.XX Once again I feel sluggish this morning, finding it hard to get going. My nose was blocked first thing, and since then I have needed to blow it often. I have a mild cold. The throat has eased but still needs clearing regularly. The heaviness in my head has lifted, although the tightening in my ears, especially the right is more apparent. The right lymph gland in my throat is always pronounced, but today it is larger.

Midday Report. Have just completed a very enlivening mornings work. I felt very creative and focused. On leaving I realised that I have been somewhat creatively stumped since this proving began. As the heaviness lifted, so has the lull in my energy. I feel as though my light was switched back on this morning.

06.XX.XX Morning. I am enveloped in a general sense of morose – I just can't be bothered to do anything. Mid-afternoon and my spirits are lifting. My cold is heading for my chest now with the mucus thickening up.

08.XX.XX Woke slowly again, so still not full power.

09.XX.XX Still no inclination to rise in the morning. This is very unlike me; I am known to leap out of bed, as I'm a great lover of the mornings.

### < MOVEMENT

5)

01.XX.XX Upper back, especially between shoulder blades, very stiff; its as if my vertebrae have been fused together. Flexion in any direction pulls on spine. This has been getting progressively worse through evening. Has caused tension at base of skull, very tight, would love a really hard massage, can't get to it myself. Forward flexion and rotation is difficult.

02.XX.XX Spine, all of it, really stiff on getting out of bed, as if someone had wired up my spine. Difficult to move in any direction. Not painful but very stiff. Later on I went for a run, it was really difficult. Whole body felt heavy and wobbly. Breasts very tender from movement. Feel stiff and tender all over, generally worse for movement. Feel exhausted.

03.XX.XX Energy better but lower back pain while walking, at level of iliac crest about lumber 4/5. Worse on right. Tension gone from back of skull and neck. Still tight between shoulder blades, apparent when I bend head forward.

## RUBRICS

### Modalities

GENERALS, morning aggravates 770

GENERALS, stiffness of body 791

GENERALS, stiffness of body, exertion after 791

GENERALS, stiffness of body, rising on 791

GENERALS, weakness sensation 802

GENERALS, weakness sensation, exertion from 805

GENERALS, weakness sensation, walking from rapidly 811

Other general symptoms ectacted from the text:

GENERALS, dry, sensation, internal parts 758

GENERALS, heaviness, sensation externally 764

GENERALS, heaviness sensation, morning 765

GENERALS, efficiency increased 759 (NR)

GENERALS, efficiency increased with cheerfulness 759 (NR)

GENERALS, electrical sparks, sensation 759

GENERALS, exertion, physical, impossible 761

GENERALS, heaviness sensation, internally 764

GENERALS, sensitive, externally 785

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## TWO MEDITATIVE PROVINGS

Two provers took part in a small scale meditative proving of the remedy. This took place the morning after the other provers took their first tablet.

These are their accounts from the time they received the tablets, which they carried with them until one tablet was taken at the time of the proving.

3)

Received remedy six days before the proving. Developed ‘cracking’ headache across forehead and feeling of pressure and fullness in head – this lasted until the following afternoon.

The night before I had vivid dreams; I woke in the middle of the night, sat bolt upright and had absolutely no idea where I was – completely disorientated and had to work hard on working out where I was. Had been in a very deep sleep.

During day, felt hot and sweaty on and off – unpleasant odour from sweat (not usual). Hungry and more thirsty than usual.

Five days before:

Vivid dreams again, awoke feeling disorientated again, not as bad as previous night.

Four days before:

Feeling very calm, peaceful, untroubled and loving – that I can take everything in my stride (unusual for a Monday morning!). Hot again, on and off, and sweaty. During the day noticed loose bowels and wind.

Three days before:

Less deep sleep – restless, woke three times. Hot sweat around the hairline. Explosive wind – runny stools. Tired, but still feeling very calm. Feel the need for fresh air.

Two days before:

Feeling full of energy in spite of being tired. Very restless night, vivid dream of woman being impregnated by electric bright golden light, from the feet upwards, throwing herself on a bed, convulsing, and her mouth getting wider and wider – giving birth from her mouth to an alien like creature which then wriggled and squirmed on the bed. I was an observer and was not frightened or horrified. The dream felt positive rather than negative.

On the morning of the meditative proving:

Feeling positive, strong with lots of energy – almost too much – adrenalin pumping. Very aware of the brightness of the day and surroundings being enhanced – light enhanced.

#### THE MEDITATIVE PROVING – 14/01/05 – 11 am

For this meditative proving the two of us were supported in the process by the homeopath Colin Griffith who has several years of experience with this kind of proving. He led a brief introductory meditation involving a beam of light moving through the charkas, to assist us in becoming still and grounded. He then asked us to visualize that we were walking along a path and then coming to a clearing in which we found a building. We were to enter the building. Here follows the report made later on of my experience.

Strong sense of smell, flowers in the garden, cedar wood of the garden room, sunlight from the window – shaft of white light in the corner of the room. Stood in the light, felt like a shower, felt good. Sat down cross-legged in the light. Feeling of being one minute an observer and the next a participant – moving from one state to the other. Lay down in the light – aware of the feel of wood. Needed to get up and walk around the room, around and around, looking in all the corners of the room and then back to the shaft of light. Restless, but calm at the same time. Felt the need to climb up the shaft of light, which was a spiral type tube, and as I climbed I felt something liquid flowing over and around me, stronger and thicker in substance than water. Came out at the top to find a huge white empty expanse and a circular white platform, like a flat cloud. Stepped onto it and noticed small hands grasping the edges to my left, moved towards them and saw below me lots of black and coloured children, jostling and looking up at me. Held out my hands towards them but had nothing to give – they didn't seem to mind and were pleased to see me. Continued around the platform and saw a rural landscape in the distance and then further around another landscape with the sea in the distance. Came back and sat on a step ladder and a huge book appeared with a very colourful cover. Struggled to open the book and when I did, had to climb up the stepladder to read it. I

read: Terrestrial forces must come together to repel attack ! Closed the book and felt the need to go back down to my garden room. Started to climb down.

At this point Colin started to speak. He asked us to imagine putting our hand into white light and then prepare to give a verbal report of what we had just experienced.

Verbal report:

There was a sense of tingling throughout my body in a circular flow – not unpleasant and at the very beginning of the meditation the tingling feeling happened twice with a strong feeling of anticipation. Shivery feeling and tingling. Had the strong sense of beginning, middle and an end and of a journey – that I had visited somewhere with much to offer, but felt a need to sit quietly, think and contemplate the whole experience – to see what I could make of it and understand.

Final experience of putting my hand into the light was that it became enveloped in a thick gooey white substance, which flowed up my arm and enveloped my whole body. Shivered and shuddered as it did this – not unpleasant and in fact I felt energized by the experience.

Once I had given my report, Colin completed the meditative proving with us by closing down the chakras and bringing us fully back into our bodies.

After the meditation I felt energized and invigorated, light enhanced and very aware of my surroundings, still very positive.

3pm on the day of the meditation: felt sleepy, tired and distracted. Eyes heavy and drooping. After a short time recovered and felt fine. 7pm same feeling of tiredness.

That night very restless again – woke three times, hot and sweaty – vivid dreams. Dreamt that a friend and I, two dogs and children were being pursued by some men. We had parachuted out of an aeroplane and hidden in her house, drawn all the curtains and were hiding – it was very frightening.

02.XX.XX Continued to feel positive, lots of energy, still sensitive to my surroundings but calm and steady. Bowels still erratic, soft rather than hard. I still have wind, particularly after eating – strong odour. Still dreaming, but cannot remember the details. Less restless at night.

I noticed that at around 3pm most days I feel sleepy and droopy – seems to be a real energy low. Also that I am more hungry than usual – feel like snacking all the time, no appetite for a big meal – little and often.

Real need for fresh air and exercise – more than usual and am much better in the open air.

03.XX.XX Tearful this morning, struggling to keep the energy going and feeling vulnerable. Still windy and tired.

Stopped taking notes at this point. The proving experience felt closed and complete.

4)

Meditative Proving

Four days before.

Had a strange dream. I was having an osteopathic treatment and my practitioner fell asleep on me. I then woke him up and he told me the problem was all to do with

METAL. I think I was seeing him for headaches or something like that.... Anyway he then went off and in came another osteopath who said the same thing : “ It was all to do with METAL.” I then found myself walking outside this old building that seemed like a single castle turret and inside was a musty old library. Then I woke up.

Three days before.

I have felt particularly calm and peaceful. Feel the need to be practical and stimulated during the day. Don't want to be wasting time. I have felt very tired early evening.

That night I had a dream that a black woman was giving birth to a child and I had to deliver it. I was slightly panicking and saying I was only a student of homoeopathy and that I had no idea what I was doing. It didn't matter, as everything was fine afterwards.

Two days before.

Felt quite disconnected from the remedy. I had in fact lost it. I'm still feeling fairly tired again in the early evening.

The day before.

Woke up with a dull headache – left side and achy over eyes. Not feeling particularly alert. Sense of dullness but calm.

Meditation - Friday 14/01/05

Started walking into the garden – everything was in a circle. The garden was a sphere with rings of pathways around it with a plastic globe/green house in the middle of the circle. It was like I was looking at it from a bird's eye view above.

Went walking up the stairs to the garden room plastic globe and sat in a bench near some green plants and waited for a stream of sunlight to hit my face. It came around slowly, but as it did I could feel my body start to melt. My feeling was that I was expanding and turning into a gluey form. There was a feeling of movement and change but quite slow. Left shoulder started to ache up into the neck. There was a slight pain moving up into the neck that was quite sharp. There was a sharp pain in the ear – eustachian tube blocked – shooting into the ear. Felt a wave like motion and then I found myself on a boat; I was starting to feel nauseous (sea-sick). I wanted to vomit, and I did mentally/energetically and felt better for it.

After I vomited I felt my body change into a hard, strong physical solid rock and I became emotionally detached. I was intrigued by that and wanted to investigate more, so I tried to look into my heart centre and found there was a brick wall surrounding it. I then started to get pins and needles in my lower back and sacral area. It felt as if circulation was being cut off from top part of body to the bottom.

We then had to report what was going on but I still had more to do so I carried on with my meditation.

I had this huge urge to sing out loud at the top of my voice like an opera singer. There was this vision of my tonsils vibrating and warbling as I sang as loudly as I could.

Then I went back to my heart centre to see if things had changed. I felt like the brick wall around my heart was starting to come away; it was fading. Then there were flowers growing out of the heart, with thorns. Then the flowers fell away and the heart centre was open and clear. It felt receptive as if it was able to breathe in and out with ease. As this was easing, I then found myself over-looking the sphere shaped garden as





## VISION/EYES

VISION, blurred vision 1896  
VISION, blurred vision, artificial light in 1896 (NR)  
VISION, indistinct 1907  
VISION, objects in vision, blurred outlines 1908  
VISION, objects in vision, indistinct 1908  
VISION, unsteady 1911  
EYES, dryness 539  
EYES, dryness, eyelids 540

## NOSE / SMELL

NOSE, catarrh, mucus, congestion 1496  
NOSE, catarrh, mucus, congestion, constant 1496  
NOSE, catarrh, mucus, congestion, chest to 1496  
NOSE, coryza, general, alternating sides 1499  
NOSE, coryza, general, extending to chest 1500  
NOSE, coryza, general, fever with 1500  
NOSE, discharge, general, copious 1503  
NOSE, dryness, inside 1509  
NOSE, coryza, watery, discharge 1501  
NOSE, discharge, general, watery 1507  
NOSE, itching inside 1513  
NOSE, smell, general, sensitive to odours 1523  
NOSE, sneezing, morning, on waking 1526

## TONGUE / TASTE / MOUTH

MOUTH, dryness, mouth 1428  
TONGUE, taste, general, offensive, morning 1852 (NR)  
TONGUE, taste, general, bitter 1849  
TONGUE, tastelessness of food, coryza in 1854

## THROAT

THROAT, dryness, throat 1820  
THROAT, inflammation, throat 1823  
THROAT, raw, pain 1831  
THROAT, scratching, sand as from 1832  
THROAT, sore, morning waking on 1834  
THROAT, tension, right side 1838

## STOMACH / NAUSEA

STOMACH, belching, general 1723  
STOMACH, belching, loud 1728  
STOMACH, fulness, sensation, eating, after, ever so little 1741  
STOMACH, heartburn 1742  
STOMACH, nausea 1748  
STOMACH, nausea, eating while 1750  
STOMACH, nausea, eating after aggravates 1750  
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## Prover No. 1 Observations

23.XX.XX I have felt no inclination to write anything over the last three days. As I prepare myself for the college weekend and meeting with the other provers I am looking back on this time.

Any physical symptoms have now passed and what I remember most strongly is my profound sense of separation: the inability to integrate properly; almost like a substance which it is hard to break down or mix. It stands alone and is hard to penetrate.

At the end of this, however, I feel that this time within myself has left me with a clarity of mind. It has been a meditation within myself and of myself, leaving me more able to verbalise the placement of myself within many aspects of my life. It made me heavy and now I am able to celebrate the lightness. I feel that the imprint of others can not be so deeply scarred on me. I am comfortable and strong enough to allow myself to allow myself to trust and steer the directions in which I must head.

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### MATERIA MEDICA ( from this proving.)

HEAD: Symptoms and sensations from the neck upwards. Tight and heavy from throat upwards. Pressure and fulness. Tension at base of skull, as if compressed. Ache in crown.

VERTIGO / TINNITUS / EAR / HEARING: Noises in head, affecting hearing. Ears, tight sensation, sharp ache, blocked, popping. Feeling off balance < walking with eyes closed.

VISION / EYES: Objects seem to blur, nothing seems still < in artificial light. Difficulty judging distances, poor night vision. Eyes dry, red and sore.

NOSE / SMELL: Dryness, congestion, sneezing, watery coryza. Heightened sense of smell.

TONGUE / TASTE / MOUTH: Loss of sense of taste. Mouth dry. Mouth sticky with foul taste.

THROAT Dry, raw. Tension.

STOMACH / NAUSEA: Discomfort in stomach. Burping. Acidic. Food feels stuck immediately after eating. Nausea.

FOOD / APPETITE / THIRST: Appetite increased. Desires meat, desires salads (in the winter). Appetite decreased, snacking. Thirst for water, unquenchable.

BOWELS: Constipated.

NECK / HIPS / SPINE: Noises with movement of the neck. Stiffness in back and hips. Back, as if 'wired up.'

FEMALE / BREASTS: Early ovulation. Ovulation as if absent. Early onset of period. Abdominal cramps. Breasts enlarged and tender during period.

EXTREMITIES: Wrists and hands puffy with oedema. Loss of grip in hands. Fingernails flaky. Legs pulsing, tired, aching, stiff. Pain in calves. Ankles pulsing and oedema.

SKIN: Dry.

MIND: Inability to concentrate. Misjudges distances. Light-headed. Not grounded. Feeling 'connected' with others. Cheerful, buoyant, positive, euphoric. Extravagance.

Too much adrenalin. Calm, peaceful, steady. Forgetful. Withdrawn. Desires to be alone. Unmotivated.

DELUSIONS / SENSATIONS: As if hands and feet are shrinking or enlarging.

SLEEP: Restless. Sleeps longer. Hard to get up.

DREAMS: Vivid. Sexual / amorous. Of being poisoned/polluted. Of repulsion and disgust at something not wanted in the body.

GENERALS / MODALITIES: Heaviness. Stiffness. Weakness. Dryness.

< movement. < morning on waking.

From the two cases I would add : Generally worse from the effects of the electrical fields in the environment, in these cases in the work place.

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## Electricitas. Case 1

Male. 03.12.69. Italian working in England.  
07.07.05.

Presenting complaints: Lack of energy in last two years, mentally tired; not reading or pursuing language study, or practising Kung Fu. "I do not have the will to do it. I feel a lack of confidence in my English: I cannot store in my mind new words." Muscular tension in last six months, especially in the right leg. Numbness, loss of sensitivity in thigh, feeling of needles in calf. "It can be difficult to walk. I have to sit 'to get my leg back.'"

Working environment: an office full of computers. He also listens to music on headphones while working. Habits: Cigarettes, 7 to 8 daily. "Smoking means a break. I'm addicted to it." He drinks quite a lot of tea, but not coffee.

What makes you tired? "Stress. I'm a business analyst and I have to face a lot of resistance from people; they are afraid to lose their job."

Energy: > Tai chi and Kung Fu, "although it can be a big effort to go, and when I am there it is as if my body is not following my thoughts."

Energy > by 9 to 10 p.m. "I like the silence in the night."  
"I felt good when travelling to Thailand and China. My energy was good and I felt recharged on coming back. I had a real sensation of calm in Thailand during a massage session particularly."

Sleep. This has always been unsettled. He only remembers two nights when he slept right through without waking.

A dream, a month ago: I was in Rome in the centre of the city - a familiar classical place; I felt no fear. Then I was in a little street nearby with junky houses. I didn't feel comfortable in this area. A white horse was biting a brown dog. The horse was winning over the dog. People were coming out of the little houses to stop the fighting. I left to find my way back to the city. Safety. At the end of the dream I said to myself, "My horse is killing my dog."

Considering the dream:" Generally I feel safe when I can control something. For example I need to look for maps in video games. In the dream the familiar place is somewhere where I can be in control of the situation around me - able to manage opportunities and time. I feel worthy and safe there. The junk place is where I am not comfortable. It is ugly, something I want to escape from. But still I wanted to leave the safe place."

Environments. Colds and coughs < in environments without fresh air, < air-conditioning. Eyes affected: light sensitive. < computers/neon lights. Pain around eyes, e.g. after a week on a course - big rooms, no windows and everyone with a laptop; "in this situation my head is in another place, I just forget things."

Vertigo Tendency to put my head forward, into a bad posture. "Then, when I correct this, the right quantity of blood gets to my brain and I get vertigo. This has been in the last year."

Thinking by now of Electricity as a possible remedy, I ask him about the effect of thunderstorms on him. "I remember as a child I liked to observe thunderstorms, and, when it was coming, I liked to be in my space, knowing that the storm was outside."

Stomach: occasionally acid. < tiredness, sugars and wheat.

Remedy 07.07.05. Electricitas 30, given during this session.

Response : He walks about a bit to test his leg sensations. Kicking high (Kung Fu) legs feel lighter. "It feels light at the base of my right foot."

Sensation of needles, usually it feels heavy. "Now I feel relaxed and without tension. Quite sleepy."

Remedy to continue : Electricitas 30 b.d. 2/52.

03.08.05. Second session. He describes his reaction to that first dose more fully: "Later that day, after I left the clinic, there was something moving internally. Then a very strong numbness. It was a bit strange - for a minute I was not able to use both legs. It felt like an effect exasperated to the point of expelling itself," ( a nice description of the so called Homoeopathic aggravation!) , " like a big spark. Then I felt quite energised."

Since then: numbness gradually reducing, these symptoms getting weaker all the time. "I feel I have more power and control over my legs again. In place of the numbness, there is a light feeling around my right ankle, like needles but very light; before it was like needles but very strong."

(Following my advice at the first session, he now unplugs his TV when it is not in use and doesn't use headphones any more to listen to music.)

Energy : " Up and down, but generally more, and of a softer 'yin' quality. My enthusiasm and interest is coming gradually. There is an improvement in everything; I am gradually recovering my will.

Acid stomach, not recently.

Sleep > in last three nights; I didn't wake at all these nights.

Dream last week: The scenario is a room, which could resemble a normal bedroom but I know I am indeed in my office. The door is open and leads into a corridor where I can have access to another room. I know, in my dream, that I am attended in that room and some of my colleagues have already gone. I walk into this new room and I found not a normal room but a kind of 'magic' room made of mirrors and small passages. I don't like the idea of going there, but I start finding my way when I feel pain in my right leg, and find myself attacked by what I could define as a toy or puppet. It is a small dragon, maybe made of plastic. It holds a machine gun, which keeps firing against my leg. I leave the room to get back into the 'bedroom' I was coming from, but the sinister toy follows me. In reality it appears next to me and keeps firing. I feel physical pain. I don't remember if I was scared by the toy but it was an eerie situation. In the 'bedroom' I find another toy; this one is not alive and is very similar to the one which is menacing me. I put the lifeless toy in front of the alive one and say "I am not Marco," referring to myself and "This is Marco" indicating the lifeless toy. Immediately the 'bad' toy starts attacking the lifeless toy in a very violent way. No more firing but using its hands. The bad toy literally dismantles and destroys the one I use to save myself. I don't remember what happened to the bad toy at this point, but I remember a feeling of freedom as my dream evolved to this point."

Remedy 03.08.05 : Electricitas 30 b.d. to continue and to take extras if and when symptoms arise.

31.08.05. "I have begun to forget to take it daily because my symptoms have almost disappeared. Five days ago something like a cold began. Everything is blocked and concentrated on my throat and nose. There is also a strange pulsing sensation in my head. I have hot/cold feelings - a sudden explosion of heat, then I feel cold. I don't catch colds easily and there's no reason to have it. In the night it feels like a gentle fever." All of it > mornings and < 7-8 p.m. evenings. "It feels like a release of toxins. I had a similar 'cold' before. It is as if my body is trying to kill something inside." (c.f. his dream 03.08.05 above.)

"I have a better emotional balance between work and life: before I used to be angry at work, now I can be above it."

Remedy 31.08.05 : Electricitas 30 now reduced to once daily and then only on working days.

12.10.05. Remedy taken for three weeks as suggested. There was a mild version of the original symptoms and then >> . After some holiday time he was worried about the symptoms coming back when he went back to work.

“Also I am not sleeping well. I am tired by the end of the day but wake from sleep easily. When I visited my parents I was very irritable with them. They need me and I’m not there: it’s as if I’m the parent. I like to keep calm and seek peace.”

Remedies : 12.10.05 : Electricitas 30 once a week.

Nux vom. 30 n. 5/7 and extras as required re sleep

23.11.05. Nux vom. has been effective. He has taken it about three times a week. He sleeps through the night now. Also no return of original symptoms.

Remedy : 23.11.05 : Electricitas 30 to continue when at work, once weekly.

07.12.05. He has noticed less grey hair since he first come to see me five months ago.

### Electricitas Case 2

Female D.O.B. 08.02.68. Office work with computers.

When away on holiday, Nose blocked, very bad cold and cough. Now back at work. The cough remains. < slightest provocation, e.g. a fan in a room, or a leaf of salad can set it off. Also < when she arrives at work, from the dry air there.

To start with, when away, she couldn’t make up her mind about where to go from after arriving in Bangkok; she felt physically stuck, like a dead weight. Eventually she got enough ‘push’ to go to a beach area where she felt fine. Then, after feeling sick and nauseous, she threw up, which happens only rarely.

A dream. At a fun fair in a park (in England). “ I noticed the time, and it meant I had to rush to get to the clinic. I couldn’t move. My legs were stuck. I felt the energy spinning inside me.”

Her right ear is nearly always blocked with this cold. Blocked like when coming down in a plane, with the effects of the cabin pressure. Her ear clicks, when she swallows, as if it will clear.

When away: good energy and feeling vibrant. Then back at work after the month off: a feeling of wanting to keep this vitality, but that the work environment was not going to help this.

We considered together that her cold and cough, the nausea and vomiting, as well as the state of inertia that she experienced at the beginning of her trip away, were all aspects of a reaction to having time away from her working environment. Like an environmental de-tox.

Remedy 12.01.06 : Electricitas 30, one given during the session.

Response (during session) : “Ear is not clicking. It has opened up and is staying open. My nose has also cleared.” (This happened earlier in the session before taking the remedy.)

Remedy 12.01.06 : Electricitas 30 bd 5/7 and then as required according to symptoms.

Reference : Electricity in H.C.Allen’s Materia medica of the nosodes (Philadelphia 1910) for similar ear and cough symptoms.

It seems very likely that many people who work in environments of strong electro-magnetic fields would benefit from this remedy. Stuart Deeks

The New Plague – The Dangers of Electromagnetic Pollution

Frances Wilburn  
South Downs School of Homeopathy  
Year 4 Project

This resume written by Stuart Deeks

Areas covered in this project: electricity and magnetism electromagnetism.

“Whenever an electric charge moves it is always accompanied by a surrounding magnetic field.” “Consider that almost everything in the body (the brain, nerve signals, biochemical processes and so on) has an electrical basis, and we even generate our own electrical field.”

The effects of particular frequencies on the human brain and body. - Historically the choice for some electrical mains frequencies appears to have been unfortunate.

The effects of higher frequencies – microwaves, TV, computers, communications transmitters, radar and ionising radiations x-ray, cosmic radiation, gamma rays, CT scans and MRI.

In between: all radio frequencies.

Specific problems with certain precise frequencies eg Tetra frequency, power levels and waveforms all have an effect. Precise therapeutic uses of ‘sawtooth’ wave forms; also adverse effects of the same wave form when used at the ‘wrong’ frequency or strength. Examples of this from recent orthopaedic work; electromagnetic treatments to strengthen the calcium matrix, in order to accelerate the repair of difficult bone fractures.

Exposure levels: “Continued - exposure to a steady wave form is more likely to have a negative effect, whereas intermittent exposure to a pattern of changing frequency and wave forms is considerably more friendly to us.”

The effects of increasing exposure over the last 50 years to radio, TV and all domestic and other electrical appliances, also higher frequency devices such as computers, mobile phones etc are discussed: the fog of electro-magnetic field (EMF) pollution.

“With the rise in EMF pollution, which can effect all micro-organisms even at a DNA level, it is hardly surprising that new diseases arise.”

New Diseases

Electromagnetic Hypersensitivity – onset from exposure to new computers or moving house close to a high electromagnetic source, or other novel source of EMF.

Chronic Fatigue Syndrome/ME – suspect sensitivity to EMF. Neurological and immune system problems.

Aids and the HIV virus – mutation occurring in viruses in the late 70’s and early 80’s from over saturation of EMF?

Autism – EMF may have a part to play.

Fragile x Syndrome – the question of exposure of many newborns in hospitals to large amounts of abnormal EMF.

Pineal gland – “the principle structure in the brain that is directly sensitive to the earth’s magnetic field. As a result it functions abnormally when exposed to man made abnormal EMF.

Changes to Pre-existing Diseases

Parkinson’s and Alzheimer’s

Cancer – people at risk to certain cancers dependant on their EMF exposure (especially at work).

Mental Disease and Adrenal Stress

Patient advice – Prudent avoidance.

Suggestions given as to ways of reducing EMF impact in the home and workplace.

Frances concludes with a miasmatic note: “If miasms have been passed on by latent energetic magnetic field signatures, then by continually bombarding the body with man made EMF, we are disrupting and exciting all latent miasms” She refers to “the rise of disorders relating to our DNA coding” and new diseases of our time. She asks the question “What if it is not AIDS which is the miasm but EMF?”

# The New Plague – The Dangers of Electromagnetic Pollution

Full text

Frances Wilburn  
South Downs School of Homeopathy  
Year 4 Project

## Introduction

The research for this project took me on a journey of learning that has turned out to be remarkable, enjoyable, scary but overall fulfilling. It has taught me much about the world we now live in and what dangers we expose ourselves to on a daily basis. I will therefore try to share my experience with the reader over the course of this project.

First I shall identify for the reader what electromagnetic fields/radiation is and what the most common sources are. I will outline current research on its effects on human health and consider risks associated with particular sources; I will also consider risks likely for certain professionals who are exposed more than most.

I then intend to consider homeopathy and its foundations as an energetic medicine and outline an idea that has become apparent to me whilst doing this research. Following on from this I will then move on to cover the healing effect of homeopathy and remedies that would be beneficial to consider in the treatment of those adversely affected. I shall then offer some sensible and practical tips to help eliminate and avoid electromagnetic fields that we can all pass on to those we treat. Finally I will discuss the potential miasmatic effect we are creating by constant and increasing electromagnetic exposure.

I shall then conclude my thoughts and consider what we as a homeopathic and scientific community need to do next to make our world a more electromagnetically friendly place to live.

## Chapter 1

### Electromagnetic Fields and Radiation

In physics the coupling of electricity and magnetism was first discovered by Hans Christian Oersted in 1820 and solidly established by the work of Michael Faraday in the 1850's and James Clerk Maxwell in the 1860's. Before Oersted, scientists had assumed electricity and magnetism were unrelated forces but Faraday and Maxwell demonstrated that they are indeed aspects of single fundamental force: electromagnetism.

Whenever an electric charge moves it is always accompanied by a surrounding magnetic field. Conversely when a magnetic field is moved through a loop of conducting material such as copper wire, an electric current is generated in the wire. (This is the principle underlying such everyday technologies as dynamos, electric generators and transformers).

Electromagnetic interactions are usually described in terms of fields or radiation (EMR or EMF to mean the same thing) This is because the phenomenon consists of a moving electric charge and its associated fields, physicists often refer to the 'dual nature' of this force, meaning it can be detected either as a particle (such as a proton) or as a wave (a radiation field).

Electromagnetism is said to be active everywhere in the universe except within the nuclei of atoms, where the strong nuclear force dominates. Measured in wavelengths the universal force of electromagnetism spans a wide spectrum of energy, or radiation, from radio waves at one end to gamma rays at the other. In between these two extremes a thin slice of the spectrum is occupied by light from infrared to ultraviolet. The units of light (the particles which carry the electromagnetic force) are called photons and are distinguished by their respective wavelengths.

This explains in basic terms what EMF is. However our main concern is with the oscillation and vibration of these fields. The difficulty is that very few of us are familiar with EMF mainly because we have no sense of them; however this does not mean we are not sensitive to them. Consider that almost everything in the body (the brain, nerve signals, biochemical processes and so on) has an electrical basis, and we even generate our own electrical field, which can be read with sensitive instruments or photographed with techniques such as Kirlian photography. Confirmation of our sensitivity to EMF fields comes from the relatively recent scientific discovery of just how dependant we are on the weak magnetic fields of the earth (terrestrial magnetism) and the low frequency Schumann waves (around 7.8hz), which are found in the earth's ionosphere. This became apparent during the investigations of the causes of the variety of symptoms suffered by the early astronauts while in space for relatively short periods. An orbiting spacecraft is of course outside the influence of all natural and terrestrial magnetic fields and generating these artificially solved the astronaut's problems. (Safe As Houses chapter 2)

It is clear that we are dependant on the earth's naturally occurring EMF, and research has also shown that as well as us needing it we are also stressed by these fields. The history of geopathic stress is long and varied: unhealthy spirals which dowsers detect

above subterranean water have probably always been with us; negative energy leys are believed to have existed for thousand of years, yet by comparison electro-stress from man-made EMF is the merest of newcomers, with a history measured in decades.

Recent research has suggested that there are pronounced frequency- dependent effects on the human brain and body. Professor Smith, in his book "Electromagnetic Man," suggests that it is 'coherent' waves (broadly those which persist in a regular pattern for long periods, perhaps like the earths energies and leys) which are likely to have biological effects. Specifically, we seem to be much affected by extremely low frequency (ELF) in the band up to 300 cycles per second (or Hertz). Of course the most important source in this band, because it is universal, is mains frequency (50-60Hz), though there are some others of interest. It is impossible to escape the influence of man-made electricity anywhere in the world. Incidentally some researchers suggest that we would have fewer problems if the frequency chosen for mains electricity had been higher: 200-300Hz rather than 50-60Hz. There is no technical reason for using this lower frequency, and it means we have ended up with an unfortunate choice. Yet, as we are clearly sensitised by the very nature of our biological systems, it is likely that continued exposure to 200-300Hz would only present us with a different range of problems.

In addition, there is even a suggestion that the 50Hz supply used in most of the world is on balance worse than the 60Hz supply found in the United States and a few other countries. It seems possible that some of the harmonics of 50Hz resonate with the body in a particularly unfortunate way. However speculating on the benefits of change is unrealistic in a world committed so heavily on one system.

At the other end of the scale, an extremely high frequency of thousand of millions of Hz can also affect us, although in different ways (to be discussed and identified later). Typical examples in this range include microwaves, TV, computers, communications transmitters, radar; and higher still we move into the realms of ionising radiations such as X-ray, cosmic radiation, gamma rays, C-T scans and MRI. In between these two extremes there is a huge band that includes all radio frequencies. So that a better understanding of the overall electromagnetic spectrum is clear, I feel it necessary to include some technical detail to guide the reader.

### Windows of Frequency

This is an idea that arises from several research reports (including Leal, see refs). These suggest that there may be another very important factor to bear in mind when looking at hazards: this is the concept of specific narrow bands or windows of frequency and power, within and only within which hazards may be present. If this is correct it could at least partly account for the suggestion that 50Hz mains power is worse than 60Hz, or that some weak fields do more damage than others. This has also recently been supported by anti- Tetra research, which is in a higher band of frequency than mains electric, yet specific health risks appear more likely at that specific frequency.

Tetra is a pulsed microwave signal putting it in the upper band of EMF. Its frequency is 395 MHz and it divides a pulsed wave into groups of 4, which pulse at a frequency of 17.6Hz (pulses each second). Pulsing at 17.6Hz has been proven to cause Calcium Efflux (leakage) from the brain in seven separate experiments from the 1970's to the 1990's (see refs). The Stewart report (2000) specifically recommends that pulsing at this frequency be avoided.



This suggestion may help to explain why some apparently well founded research findings, have been later contradicted by other colleagues. If the researchers did not realise the crucial significance of defining the precise frequency power and waveform of the EMF used it may indeed be impossible to replicate results.

### Waveform

One of our key themes in examining EMF stress is the importance of both frequency and power level determining whether a particular EMF is potentially harmful to us. The other factor that needs considering is waveform. The effect of the shape of the electromagnetic wave - the way in which the output rises and falls with time - is a technical subject, but it will help if you understand the basic facts.

The waves formed by electricity flowing in wires and cables or generated by electrical equipment can be examined by using an oscilloscope, a device which displays on the screen a graph of the way the wave rises and falls, as well as providing numeric information. Looking at an oscilloscope screen will give you an idea of the frequency: the higher this is the more pulses per second and the closer the waves will be together. It will also show how regular or random the pattern is.

As suggested we believe that both waveform and windows are important considerations. However the oscilloscope will show what type of waveform we are dealing with. Any rotating generator, such as those used in power stations, produces a field, which rises and falls smoothly and regularly. This will typically appear in what is called a "sine wave" as below,

### Sine wave

It is unlikely that the wiring in our homes or offices will produce such a clean cut trace, because as mains supply travels it picks up all sorts of extra patterns feeding back from the apparatus it supplies, but generally the pattern is maintained.

It is also possible to generate a square wave which rises quickly from zero to maximum then holds a peak and then falls just as quickly back to zero, or even to a negative value.

### Square Wave

Finally fields will often be found similar to those below where they rise sharply to a maximum and then tail off gradually to zero before repeating the cycle.

Because of their appearance they are often called “saw tooth” waves. It has been shown that EMF used therapeutically often have a saw tooth wave form because they produce the best response. Perhaps this is because they closely approximate the wave forms generated by the body itself.

#### Saw tooth Wave (spiked)

It seems a reasonable assumption that, if a particular shaped wave has a stronger beneficial effect when used therapeutically, then the same shape must also have the potential to produce a marked adverse effect when used at the wrong frequency or strength.

An excellent example of this exists in orthopaedic work over the last twenty to thirty years. Scientists have discovered that the biological information used to regulate the activity of the bodies various systems exists in the form of physical codes, such as the bio-molecules of hormones and neurotransmitters, but also in the form of ‘energetic’ codes. These energetic codes of information may trigger the same cellular reactions that the molecular codes of information activate. As an example, the cells of our bones normally communicate with one another by both chemical and electrical signals. In recent years, orthopaedic surgeons have begun to use electromagnetic treatment devices known as “bone stimulators” to accelerate the repair of especially difficult bone fractures that cannot heal normally. The orthopaedic bone stimulator energetically stimulates new bone growth and bone repair by transmitting healing messages carried in the code of pulsed EMF tuned to a very specific frequency for bone healing to work. Researchers discovered, the frequency of the EMF used to radiate the fracture site had to be so precise that a slight variation in frequency would change the message carried to the bones from “lay down new strengthening calcium matrix” to “reabsorb calcium from the bones to weaken the bone structure”. In other words, any slight deviation in the coded energy message would not only fail to heal the broken bone but would actually weaken and aggravate the situation. In the case of bone stimulators, the body accepts a coded EMF signal, in place of a normal biochemical or electrical signal, by using pure energetic bio-information to instruct the bone tissue to activate the healing process. This is a wonderful example therefore of how EMF have the potential to produce marked beneficial or harmful effect, purely based on the exact field or wavelength generated. This kind of study will later be discussed in terms of how it relates to our ever-increasing understanding of homeopathy and it’s workings on an energetic level.

Finally it is important to also note that, along with the differing wavelengths and frequency, overall exposure can add to the harmful effect. Dr Cyril Smith (Electromagnetic Man) suggests that continued exposure to a steady wave form, whatever it’s shape is more likely to have a negative effect, whereas intermittent exposure to a pattern of changing frequency and wave forms is considerably more friendly to us. It is interesting to note that most therapeutic devices follow the latter rather than the former pattern.

## Summary

By now you should be aware that several different characteristics of EMF play a part in determining whether they are likely to affect us in some way. Frequency is important, both low and high particularly, and it is important to pay attention to specific narrow bands or windows that harbour more hazards such as 50-60Hz or 17.6Hz. It is also more likely that how regular the pattern is may be as crucial as frequency. Power is another factor to take into account, though we may well have to question the automatic assumption that stronger fields are necessarily the most dangerous in all cases. The homeopathic use of subtle energy and the concept of windows of hazard both merit questioning of this assumption.

I have identified the specifics of EMF. Next I will identify the sources that can cause us harm, and look at the research on ill effects to human health.

## Chapter 2 The New Plague

We are currently facing diseases that were unknown just a few decades ago. It has been suggested that we have to look for influences that were relatively insignificant fifty years ago, and therefore not threatening, but since then have grown rapidly and universally. Unnatural man-made EMF fulfils these criteria.

In the last fifty years radio use has increased ten thousand fold, TV even more so; and new innovations to our modern life continue to add to the EMF pollution. For example some of the basics of every day life we take for granted are harmful if we are continually exposed to them. Items include,

- Electric blankets
- Water beds
- Electric alarm clocks
- Tea makers
- Kettles
- Microwaves
- Ovens
- Irons
- All other electrical appliances

See appendix 1 for professions and exposure readings from various sources.

We then have higher frequency devices such as

- Computer technologies
- Wireless routers which use radio waves
- Portable music players we plug into our ears
- Mobile phones
- Radio communications
- Tetra communications
- Hard-based ground systems like sub stations, pylons, radio, TV and mobile phone masts.

Finally our EMF pollution culminates with exposure to,

- X-ray
- Cosmic radiation
- C T scans
- MRI scans

This list is not exhaustive and continues to be added to almost on a daily basis.

As discussed in chapter one, although the range of the EMF of these devices spans over a large spectrum, our discussion here is of the massive rise in ill health effects we are beginning to see from the fog of EMF pollution, regardless of where it lies in the spectrum.

It has been shown by a substantial amount of research that all man made EMF, regardless of frequency, produce the same biological effects. These effects, which deviate from normal functions and are actually or potentially harmful, are the following:  
(Microwave News)

- Effects on growing cells, such as increase in the rate of cancer cell division.
- Increase in the incidence of certain cancers.
- Developmental abnormalities in embryo's.
- Alterations in neuro-chemicals, resulting in behaviour abnormalities such as suicide.
- Alterations in biological cycles.
- Stress responses in exposed animals that if prolonged, lead to declines in immune system efficiency.
- Alterations in learning ability.
- Changes at a DNA level.

These biological effects interact to influence the clinical state of a person who is chronically exposed to any abnormal field.

Please see index 2 for specific system effects

The difficulty with clear identification of links between EMF and ill health is continually being called into question however, because EMF fields cannot be sensed and are hard to measure. Because of this ordinary people are generally unaware of their dangers until it is too late. I will however endeavour to look at modern research and identify which ill health effects appear to be most prevalent.

The global environmental alteration brought about by our use of electromagnetic energy has exposed all living organisms from viruses to humans, to novel energetic fields that never before existed. We have begun to see how these man made fields interact with sensing systems designed to only perceive only the normal terrestrial electromagnetic environment, thus producing abnormal biological effects that result in changes in the incidence of disease. This interaction appears also to have been the origin of some new disease states and of a number of unexpected changes in the characteristics of some pre-existing disease states. In theory, a disease that suddenly appears from nowhere may be caused by genetic change in a pre-existing micro-organism (a bacterium or virus) that creates new pathological characteristics, or it may be caused by major declines in resistance to disease, making people susceptible to attack by micro-organisms previously incapable of producing disease.

In practice things are not so simple: Hippocrates was correct in believing that the clinical characteristics of disease are the result of combined actions of both the disease producing agent and the condition of the patient's body. When we are facing a new disease, it is often difficult to tell which; however with the rise in EMF pollution, which can affect all micro-organisms even at a DNA level, it is hardly surprising that new diseases arise. It is interesting that it takes so long to make connections when the evidence is now so clear.

### New Diseases

### Electromagnetic Hypersensitivity

This condition is becoming increasingly more prevalent. It includes a variety of allergic type symptoms often starting with flu like condition. Symptoms include headache, fatigue, nausea, dizziness, inability to concentrate, skin problems, eye problems and aching joints. Almost all patients experience an abrupt onset of symptoms most often after being exposed to new computers or moving house close to a high electromagnetic source; but always the onset is the result of exposure to a new source of EMF.

These people (see ref BBC News 29<sup>th</sup> Jan 2005), once sensitised, become sensitive to many common devices that previously did not produce any symptoms (e.g. TV, cars, telephones, power lines). Severity of the condition varies from mild to severe.

The University Essex is at present researching the plausibility of this syndrome to see its true effects. They are concentrating on mobile phones as the source of EMF but they also appear to correlate the research with other sources of EMF. Further research has been completed in Sweden and was recently reported at a World Health Organisation convention in Prague in October 2004. The book *Black on White* (downloadable from the internet from Omega news, see refs) gives accounts of four hundred cases of Electromagnetic Hypersensitivity. The outcome of this research has prompted acceptance of this condition in Sweden and the right to apply for disability status.

At present the mechanisms causing a hypersensitivity to novel EMF are unknown, however it would appear that there is a direct effect upon the nervous system, and overall immunity is likely to be involved in a patient's susceptibility to the syndrome. The incidence of the syndrome is increasing and at present it is unclear as to whether it is new specific devices emitting specific fields or the overall intensity from all the sources, which is increasing the sensitivity in humans.

### Chronic Fatigue Syndrome/ M.E.

This was originally termed post viral syndrome in its early days; however, research has ruled out Mononucleosis or Epstein Barr virus, and in fact potent antiviral drugs generally do not work with people diagnosed with Chronic Fatigue Syndrome (CFS). Many doctors dealing with these patients suspect sensitivity to EMF. This ties up with one of the original large outbreaks of the disease in the computerised dealing rooms of the financial markets in the City of London. Some support for this theory is found in the fact that many CFS patients feel better if they take holidays away from EMF sources.

Hypersensitivity and CFS have a number of common characteristics: both are new conditions that begin abruptly with flu like symptoms and many of the symptoms, especially those associated with the central nervous system, are identical. The major difference is in the reported sensitivity to EMF. However, as these fields are generally overlooked as an exciting agent, many people do not consider them as a major causative aspect in their illness.

Finally the early idea of the computerised markets being a trigger has continued to hold up as lawsuits from a hundred workers in California's Silicon Valley continue to go through the American courts. Employees are claiming that exposure to EMF fields at work have resulted in considerable neurological and immune system problems in line with electromagnetic hypersensitivity and CFS. According to Dr J. Cone Chief of Occupational Medicine at San Francisco's General Hospital the workers " are not those with typical allergies, but people who appear to have some kind of neurological or

immune system problem” (Cross Currents, The Perils of Electromagnetic Pollution, Pg 253)

### AIDS

As outlined earlier EMF have the ability to effect change at a DNA level and can have an effect on cell division and growth, and as such its link to the arrival of new diseases provokes hot debate. For example Aids and the HIV virus. It appeared from nowhere and its causes are still as yet unknown. The virus shares many attributes with other viruses that cause various leukaemias in humans and animals, but its clinical characteristics are dominated by its attack on the immune system, particularly the T-cell lymphocytes.

Dr Julie Overbaugh and her colleagues at the Harvard School of Public Health have worked with a cat leukaemia virus that is capable of producing either leukaemia or an acute immune deficiency syndrome similar to human Aids. They concluded that a subtle mutational change would convert “a minimally pathogenic virus into one that would include an acute form of immunodeficiency.”

It would appear that the current HIV virus is the result of just such a mutation of a pre-existing virus that was originally either non pathogenic or minimally so to people. Because EMF have been shown to cause genetic mutation perhaps it may be suggested that there was a point where saturation of EMF became so high in the late 70’s early 80’s, and that it was at this point that the mutations occurred.

Many consider this suggestion farfetched. However research by Dr Daniel Lyle of the Jerry L Pettis Memorial Veterans Hospital in Loma Linda, California showed that exposure of human T-cell Lymphocytes exposed in culture to a low strength 60Hz electric field for 48 hours significantly reduced their ability to fight off toxic foreign cells. Lyle's report is the first to link such fields directly to the immune system. This finding raises the question between the depressant effect of EMF on T-cell function and the susceptibility of those cells to the HIV virus.

It is also interesting to note at this point that researcher Roger Coghill, who has conducted a great deal of research on people in this country and the USA, has shown that eleven of the twelve American cities that have the highest incidence of Aids also have the highest general level of electromagnetic traffic of all kinds. He believes firmly that the huge growth in electromagnetic pollution is a major if not a root cause of the Aids epidemic. It is time therefore to stop thinking of Aids as being the result of infection with HIV and to begin to consider the possibility that these EMF might play a predisposing or causal factor in the total syndrome.

### Autism

Theorists have always suggested that a variety of insults to the developing nervous system were responsible for the onset of Autism (e.g. congenital rubella, vaccine damage, injury or biological assault to the brain). Recent research by Dr Hanson of the Institute of Neurobiology at the University of Gothenburg has investigated the possibility that EMF may also have a part to play. Dr Hanson investigated effects of exposure to both microwave and power frequency fields on the brains of new-born experimental animals. In the case of microwaves, brief exposure resulted in damage to nerve cell structures that only became visible as a latent effect two to four months after exposure. Damage was visible in the brain, retina, optic nerve and cerebellum.

In animals exposed to 50Hz EMF anatomical changes were found in the cerebellum of new-borns.

More recently Dr E N Albert of the George Washington University Medical Centre found the same pathological changes in the cerebellums of new-born rats that had been exposed to low power microwaves at one or six days of age.

At this time we cannot be sure whether the actual lesions in the cerebellums of autistic children match those in the cerebellums of animals that were produced by exposure to either power frequency or microwave fields. However, the apparent onset of autism as a clinical condition in the early 40's does coincide with marked increase in EMF energy. The fact that both autistic children and the experimental animals have been found to have lesions in the same area of the brain is a remarkable coincidence, which requires further study.

Autism is a devastating disease that severely hinders the sufferer's ability to live a normal existence. It is therefore of vital importance to determine whether this disease is the result of exposure to abnormal EMF, whether this be in the final stages of foetal life or the early new-born stage.

### Fragile X syndrome and SIDS

As with Autism it has been suggested that EMF exposure in late foetal and early new-born has a massive effect; additional research into Fragile X syndrome supports this theory.

Fragile X syndrome is characterised by various degrees of mental retardation, behavioural disturbances and anatomical characteristics and has been found to be related to the X chromosome. The X chromosome shows an apparent separation on one leg, hence the term Fragile X.

The syndrome is second only to Down's Syndrome as the most common genetic defect. It affects one in a 1000-1500 births.

Following the above research into Autism Dr Alan Reiss of John Hopkins University found similar patterns of defect on the cerebellum in Fragile X patients. The suggestion made therefore is that the production of these abnormalities is as a result of exposure to abnormal EMF.

This raises some alarming questions as many new-borns are exposed to large amounts of abnormal EMF in hospitals and nurseries; for example:

- High tech monitoring devices; often the new-borns are lying on these.
- Wiring is often attached to read cardiac electrical activity.
- Incubators.
- Photo light therapy for jaundice babies; this has also been shown to cause calcium efflux, which, in adults, has the potential to cause brain tumours. (Adey Chapter 8 Cross Currents)

For the first few months of life the brain of a baby infant is said to be "plastic" because it is rapidly changing and making new electrical connections and anatomical arrangements. Exposure of the brain at this time to abnormal EMF may result in either the production of abnormal connections or actual permanent anatomical changes with tragic results. These results are often not made apparent until months or years later.

It has been well documented that the pineal gland is the principle structure in the brain that is directly sensitive to the earth's magnetic field. As a result it functions abnormally when exposed to man made abnormal EMF. Because this gland produces a host of psychoactive chemicals (such as melatonin, dopamine, serotonin and others) its



abnormal functioning during the delicate time of growth in the brain of new-borns may result in a variety of transient or permanent neurological and behavioural abnormalities. Some effects may be subtle and not yet identified and others may be related to disturbances such as slower learning, ADHD (attention deficit hyperactivity disorder), or SIDS (sudden infant death syndrome).

Dr O'Leary has been studying the possible link between SIDS and EMF; recently she reported that eight deaths occurred in one weekend (four within a single two hour period) within a radius of seven miles from a top-secret military base where powerful new radar was being tested. This indicates a link is possible.

### Changes to Pre-existing Disease

#### Parkinson's and Alzheimer's

These are two diseases that have shown a marked increase in incidence. Additionally there has been significant rises in both diseases in people before the age of fifty. One of the crucial reasons for this may be the exposure to increasing EMF. Research has shown that patients who develop symptoms before the age of fifty often show similar brain lesions to Downs and Fragile X Syndrome patients.

Studies on chimpanzees repeatedly exposed to low-level EMF and microwave showed progressive signs of Alzheimer's. Autopsies confirmed lesions like those in Downs patients but in these tests they were caused by repeated exposure to EMF.

#### Cancer

The research on the negative effects of EMF and various types of cancer has been extensively researched.

See tables in index 1 and 3

Many professionals appear to be particularly at risk to certain cancers, dependent on their exposure. Cancer is one of the largest noted effects of EMF exposure and the issue that members of the general public worries about most.

The reason the effect of EMF is so strong is predominately because of the stimulatory effect EMF has on cancer cells. Also EMF has the ability to alter genetic apparatus of dividing cells, thereby causing mutations that cause the various cancers. Additionally the effect of different types of EMF may also trigger a variety of cancers; for example: microwaves have been associated with calcium efflux from the brain resulting in brain tumours; exposure to cosmic radiation has been associated with increases in breast cancer in female flight attendants; female VDU and computer operators also show an increased risk of breast cancers as well as a higher rate of miscarriage. General exposure at as little as 3m Gauss has been proven to cause a 20% increase in childhood leukaemia. (Refer to index 3 for references)

It is clear to see why Cancer is the biggest worry for the general public and in many respects given its alarming increase the links with EMF should be taken more seriously.

#### Mental Disease and Adrenal Stress

One of the final questions that EMF may help to answer is why today there are so many people who are permanently stressed, tense and wake up tired and aching every morning. It may well explain why these people always feel run down or feel they cannot cope even though their diets and life styles show no reason for feeling unwell. Such people are becoming depressed and at worst suicidal. The link with suicide was demonstrated in England in the early 1980's by Dr Perry. He found a significant correlation between suicides and attempted suicides in a high EMF locality, and the proximity of patients' homes not only to overhead power lines but also to underground

high tension power lines was significant. This rules out a psychosomatic effect, as patients were not aware of the underground power lines.

A later study gave similar results. In 1988 he published a study showing a correlation between illnesses of people living in a tower block and whether they lived near to the high voltage supply cables which rise up the side of the building. Those flats near the supply lines accounted for 62% of all hospital admissions from that block from heart attacks, additionally 71% of those admitted suffered depressive disorders as well. Dr Dowson and Lewith have also shown that headaches and depression can be linked to power lines.

### Summary

This chapter proves to be scary reading for the unformed. Not only is EMF apparently responsible for new diseases that are becoming uncontrollable such as AIDS, but also EMF is helping to make diseases we are familiar with more serious and we are becoming susceptible at a younger age. More worrying still is the alarming increase in cancers and genetic defects we are beginning to see not only in children but adults too. Electromagnetic energy may be a key factor in all these problems and as such I suggest that it can also be a key to the answers. Scientists and doctors have dismissed energy medicines for many years; however, calls are being increasingly made for their integration. The therapeutic possibilities of utilisation of the bodies own energetic system to treat these new conditions is the key to moving forward. We must find ways to increase our understanding of energy medicine and encourage its integration with orthodox medicine. Following this idea through therefore I will now look at what Homeopathy with its basis as an energy medicine has to offer, and consider how and why it is best suited to help treat our twenty first century ailments.

## Chapter 3

### Homeopathy, Its Foundations as an Energy Medicine

“The dynamic forces of mineral magnetism, electricity and galvanism act no less homoeopathically and powerfully on our vital principle than medicines actually called homeopathics” (Hahnemann Aphorism # 287 6<sup>th</sup> edition of the Organon)

Hahnemann was keenly aware when he wrote the 6<sup>th</sup> edition of the Organon that electromagnetism had it's negative effects. At the time he did not fully understand the

physics behind the electrical and magnetic relationship; however he understood its negative effects. He also understood it could work positively. EMF 's relationship to homeopathics may well be closer than we have previously realised.

Many researchers have tried and so far failed to conclusively prove how homeopathy works. Many have hypothesised as to possible explanations, there has been much debate and criticism has been directed towards the homeopathic camp. Most scientists and doctors around the world have refused to keep an open mind about something that works, yet because they don't understand it, will not accept its validity.

I would like however to present some compelling arguments that are as yet unproven but which appear to begin to lead the way in finding the elusive answer which could validate our practice. It is interesting to note that with the rise of man made EMF and their negative effects we may just have found the basis of how it can work positively to promote health through homeopathic and other energy medicines such as acupuncture. Our understanding of the human body and its own electrical and magnetic system may just hold the answers we are looking for.

Many of us are aware of the Benveniste investigations, which were very publicly discredited by a team of investigators from "Nature". However Benveniste went on to publish even more significant research that continued to validate the homeopathic phenomenon.

His follow on experiments showed that the homeopathic remedy Apis actually inhibited basophile de-granulation, whether the basophiles were exposed to pharmacological dosages or to homeopathic dilutions of anti-Ige antibodies. In other words a homeopathic remedy used to treat certain types of allergy actually inhibited the release of histamine from the blood cells. This effect is similar to that of antihistamines.

Another unusual finding, and one that interests me more, was that the ultra weak or homeopathic dilutions of antibodies would lose their biological activity if they were exposed to magnetic fields. In a separate experiment, Benveniste studied the influence of homeopathic dilutions of histamine on blood vessels. These very high dilutions of histamine (at a sub molecular concentrations) were able to influence coronary blood flow in living guinea-pigs hearts. Pre treatment of the homeopathic dilutions with either heat or EMF caused them to lose their ability to influence blood flow.

However when high strength (pharmacologically active) solutions of histamine were exposed to heat or magnetic fields there was no loss of biological activity.

The sensitivity of homeopathic dilutions to energies such as heat and EMF's suggests that homeopathic remedies are indeed energetic medicines with mechanisms very different to those of conventional drugs. Further verification of this "energetic wiping" effect exists in the practice of modern homeopathy. Homeopathic practitioners often remind their patients not to leave their remedies near TVs, magnets or strong heat as such exposure is known to negate the activity of the remedy.

Even more fascinating is the fact that the biological activity of substances such as histamine can be energetically transferred to water without direct exposure of the substance to the water. Radionic systems such as the Rae machine have been utilised by homeopathic practitioners for years. The devise has two metal lined hollow wells interconnected by specialised circuitry and a potentiometer. The practitioner places a vial containing an active substance in one well, and distilled water in a small bottle in the other well. The potentiometer can be turned for a direct transfer of energy (identical potency), or it can be turned to produce a homeopathic potency ranging from 1X to over 10M. By utilising a similar electronic or radionic technology, Benveniste transferred the biological activity of histamine into sealed ampules of water. In subsequent experiments, he verified that the water in these ampules indeed possessed biological activity and an ability to influence living systems.

The role of energy transfer and its avenue being EMF is becoming a new and exciting avenue, which physicists are beginning to investigate. Some new theoretical models from the world of physics are now in a position to provide a better understanding into the energetic mechanisms of homeopathy. Italian physicist Emilio Del Giudice suggests that the radiation fields of charged molecules create an interaction among the electric dipoles of water molecules to create a permanent polarisation of water. The water molecules then become coherent, somewhat like the light waves in a laser. Thus in a homeopathic remedy, the coherent organisation of the water molecules leaves an energetic signature of the substance in the water. This signature is resonantly transferred to the physical body (itself as coherent energy matter field) when the homeopathic remedy is ingested. Through a strong energetic coupling provided by the body's coherent state, there is a transfer of energetic information and a corresponding change in the electromagnetic field frequency pattern of the bodies cellular system. This energetic frequency shift then influences biochemical reactions at a cellular level. Del Giudice is suggesting that cellular biochemistry is actually an energy field assisted operation. Consider at this point the previously mentioned study about energetic biological codes that assist in cell repair of broken bones. Introduction of pulsed man made EMF tuned specifically to the frequency for bone healing replaced the body's own coded electromagnetic signal. This kind of work supports the hypothesis that the human bodies functions are controlled on one level by electromagnetic systems. So an energetic field tuned to the right frequency (a well chosen homeopathic remedy) will have an active effect on the healing process as the energetic fields of the body and the remedy interact. It is unsure at this stage whether the energy patterns stored in water are of an electromagnetic nature or a magneto electric nature; this awaits further investigation. Nonetheless, evidence is accumulating that homeopathy and other vibrational therapies actually deal with the transfer of frequency specific energetic informational patterns and not with a direct molecular effect.

It is at this point I would like to put forward my own suggestion. Much like the research in chapter 1 which suggests that wave length, frequency, strength of the field and specific windows play a large part in whether an EMF causes a negative effect, I suggest that, on the basis of the above research, that it could be hypothesised that homeopathic remedies are similar in nature to a generated specific EMF. They interact with our biological systems (themselves electrical) by forming an energetic standpoint that reacts with the EMF of a set of symptoms. Homeopathic remedies may act as an indirect reflection of the frequency of vibration at which the body is resonating, i.e. what might be called a "disease frequency" or a "window of frequency" to provide the activation or interaction of energy needed to purge the "frequency" of the illness from the body. By attempting to match the prescribing symptoms of a specific homeopathic remedy with the symptoms of an acutely ill patient, the practitioner may really be matching the vibrational frequency of a homeopathic remedy with the vibrational frequency of the patient. According to this "vibrational, EMF, resonance theory" a vibrating system (the patient) will maximally absorb energy in it's resonance frequency. Therefore only a perfect match between the frequency of the sick patient and the frequency of the homeopathic remedy will provide an appropriate energy transfer and thus induce a healing response.

Much of the research presented here points well to this hypothesis; however it is still just a hypothesis and requires further investigation. Plausible ideas for investigating such effects are difficult. However one suggestion is to measure the specific resonating frequency of a patient with an acute illness before and after an appropriately well chosen

remedy. This is a simplistic approach but one that may provide simple answers, although it may not necessarily cover the realm of chronic prescriptions.

I also feel we need to look at the practicalities of dealing with disease states that are plaguing our society as a result of EMF.

I aim therefore to look at practical pointers for homeopaths to use in consultations, diagnosis and remedy choice.

## Chapter 4

### The Real World

Every good homeopath knows that an ideal situation is to match the symptom picture of the patient to that of the remedy. Having thought much about how and why remedies work I now believe that I am matching subtle energy pictures. The importance of treating each patient as an individual now has reasoning and clarification for me. As a new homeopath this work has focused my thoughts very clearly on the reasoning and subtle energetic workings of homeopathy. When faced with the question 'how does it work?' I now feel I have an answer that makes practical and scientific sense. I believe that, given another five years, proof will be available and our profession will gain the validation and acceptance it deserves.

#### Practicalities: How to Identify and Treat

When taking a patients case for the first time we spend so much time finding out every little detail of their lives. We spend time looking for that maintaining cause or the 'never been well since.' Yet in four years of study I have never once thought to ask about EMF exposure. It is a paradox that just as we are unaware of the negative effects our continued exposure can cause, we also underestimate its possible influence as a strong maintaining cause in many of our cases. It can remain a hidden entity until it is too late, much like the cancer it goes on to cause!

It is important to stress that if I am to add anything to the wisdom of our community that I outline the importance of asking certain questions of all our patients:

- Where do you work? How many computers are around your work space? Do the fronts or the backs of the computer face you? (This is important as more EMF comes from the back and sides of computers, See index 4)
- Where do you live? How close is it to power lines, pylons, radio, TV, mobile phone masts or other high power sources?
- Is where you work or live close to a power station or electric substation? Assume city dwellers are close to many things.
- What is your mobile phone usage?
- How often do you fly?
- Where is your bed located in reference to electrical equipment or the mains fuse box?
- How long do you spend at a computer daily?

- Where did your parents work? (Children of greatly exposed parents are at a higher risk of being sensitive themselves and at a higher risk of many cancers)
- Have your symptoms changed or started when you came into contact with a new EMF source? (Such as changing jobs, house, using new electrical equipment, especially mobile phones or a new mast going up in your locality)
- Do you work for the armed forces, police, fire service or in an industry that uses Tetra technology.

Be aware that most patients will never have considered these items to be a risk factor and therefore be prepared to explain their influence. By asking patients these questions and having a basic understanding of the problems involved, I believe that as homeopaths we can begin educating not just those affected but their friends and family. By educating we are also laying the foundations to beginning to help those affected.

### Remedies to consider

This is a difficult section as each patient is different and as with other chronic problems individuality is as always very important. However I will endeavour to outline remedies that on their symptom picture and relative affinities should, given the right patient, have a beneficial effect.

Consider remedies that have a beneficial effect on calcium uptake and absorption. These remedies should be considered in cases where the exciting factor is due to Tetra, radio waves or microwave. These sources of EMF have been shown to have a negative reaction on calcium uptake, especially in the brain.

Remedies to consider therefore are:

The Calc family and the Silica's

E.g. Calc Carb, Calc-M, Calc-S, Calc-P, Calc-N, Calc-F, Calc-Br, Calc-i.

Silica is also a remedy that comes up highly in this sphere and all of its associates need to be considered if the patient is of a silica type generally.

One of the key factors of both of these remedies is that they are often adversely affected by the outside world and must take time and withdraw to protect themselves. Consider this aspect when seeing the patient.

### Cancer Remedies

Remedies with an affinity to cancer, and/or a fear of it, should also feature highly in cases of EMF sensitivity mainly because it is activating a cancer miasm in those who are susceptible. These remedies must also be considered in cases where the family history suggests there could be a problem, i.e. increased risks of cancer have been reported in children whose parents worked in power stations or who were electrical workers, or in families who lived close to a high exposure sources.

Consider remedies such as:

- Carc
- Ars
- Sea salt
- Nat Mur
- Rose Quartz
- Emerald
- South Pole/ North Pole/Ambo (both together)

- Plutonium
- Caesium
- Strontium
- Rad Brom
- Clay
- Cobalt
- Cad Sulph
- X-ray
- Mobile Phone

Many of these remedies have a cleansing action, therefore do not rule out other similar cleansing remedies.

Those people who work in certain professions and expose themselves to the upper EMF spectrum often require specific remedies. Even if they report no ill effects, it may be wise to use them prophylactically as exposure is often accumulative and not recognised as harmful until many years later.

Professions at risk include but not limited to: pilots, cabin crew, radiographers, anyone working with microwave technologies i.e. armed forces, police. Also people working in the electrical industry and telecommunications.

Specific remedies to consider:

- X-ray
- Sol
- Emerald
- Electicitas
- Rad Brom
- Plutonium
- Rose Quartz
- Combination Jet lag

As EMF appears to have such a dampening effect on immunity it is also important not to forget the benefits of a well-chosen constitutional remedy as well as considering specifics known to improve immunity such as:

- Echinacea
- Goldfish
- AIDS
- Emerald

Considering remedies that are generally hypersensitive is also wise, as the degrees of sensitivity appear to increase in many of these patients and once sensitivity is established they then go on to become sensitive to things they used to be able to tolerate.

Consider remedies under rubrics such as:

Constitutions hypersensitive,

- Med
- Nit Ac
- Puls

- Phos
- Sulph
- Ars
- Carc

Scientifically speaking, when properly indicated, it would make far more sense to prescribe a homeopathic preparation of the appropriate electromagnetic field (remedy) or miasmatic remedy that would pervade every cell of the living organism. But even more reliable in chronic miasmatic cases that are proving difficult to work with are the following remedies; ACON, agar, Ail. alco., aloe, Alum., Ang., Arn., Arg-n., aster., Bell., berb-v., CALC., calc-p., can-i., canth., carb. caust., ac., cench., cen-c., cic., clem., cocc., colch., colo., croc., cup-m., Dig., dios., ELECT., euphr., euon., Ferr-Met., flor-ac., graph., hell., hep., Hipp., Ictod-F., iod., iris, kali-bi., Kalm., kreos., Lach, Lil-Tig., luna, lyc., mag-p., manc., meph., mit., nat-c., nat-s., nitac., Nux M., nux-v., Paraf., pip-m., PHOS., phos. ac., phyto., ptel., rad., sang., sanc., sapo., sep., SIL., Spig., stram., sul., tarent., tarax., tab., ter., uran., Valer., verat., vesp., and zinc-s.

All of these have a strong desire to be magnetized, or are affected by magnets, or have electric-like symptoms.

It might also be useful to consider rubrics such as:

- Generals, magnetised desires body to be
- Generals, electricity ailments from.
- Generals, electric shock aggravates.
- Generals, electric shock sensations.
- Emergency electric shock
- Generals, radiation, agg/ protects/ miasm

Finally it is important to outline which of all the above remedies stand out the most, and are worth additional consideration when presented with a patient's case. I will not outline the specifics of these remedies as it adds to the length of this restricted project needless to say the reasons they are more important can be gained from the concentrated study of their writings.

- Sil
- Phos
- Electricitas
- Acon
- Calc
- Mobile phone
- North and South poles and both
- X-ray

After considering all of the above the novice might imagine the choice of prescription to be deceptively simple: to prescribe X-ray, Electricitas or Magnetis Poli Ambo for patients suffering from induced electrical and magnetic field diseases. However Hahnemann cautioned against such an overly simplistic approach in aphorism #56. He stated,



"There are those who would like to introduce a third kind of therapy, called isopathy, treating a disease with the identical miasm (agent) that produced it. But if this were possible, since this miasm (agent) would reach the patient only in highly potentised and therefore altered form, it would cure by opposing a simillimum to the simillimo. To try to cure this way, with an exactly identical disease agent (per idem), runs counter to all common sense and therefore to all experience....nothing can come of it but misfortune and aggravation of the disease."

We see that Hahnemann warned us of being so simple in our prescribing, we must concentrate on the overall picture and remember that dealing with these cases may test all of our abilities to get it right or to get even close. This is often because when dealing with cases it is impossible to remove the patient away from the maintaining cause so what we are attempting will only ever palliate the condition. Hahnemann also discussed this dilemma in his writings and said,

The dis-ease producing agent comes under the heading of "Occupational" or currently in vogue the term "Homotoxicological" (see Aphorisms #71-81).(1-5) In Aphorism #77 he wrote, "These self-inflicted disturbances go away on their own with improved living conditions if no chronic miasm is present (1-3) This of course meaning that the patient must be removed from the adverse influence. In this case the magnets and/or electrical currents.

Only when the above protocol fails to resolve the disease pattern should the prescription of a homeopathic remedy be considered. And then, of course, only the remedy which best matches the chronic miasmatic totality of the case should be prescribed which frequently would not be X-ray, Electricitas, Magnetis Polus Ambo, Magnetis Poli Articus or Magnetis Poli Australis.

Hahnemann in his writings admits as much as I have that this is by no means easy. I will however endeavour to suggest some simple tips that we can give to our patients to help them avoid where possible this maintaining cause.

#### Additional Patient Advice – Prudent Avoidance

- Measure your home/ work/ school environments with a Gauss meter. See index 5 for safety levels.
- Avoid areas where the field is above 1mG
- Do not sit too close to the TV. The amount you are exposed to reduces the further away you sit.
- Check the specific absorption rates (SAR) of your mobile phone. It should be less than 0.5 SAR. You can check the rates by doing a search for SAR on mobile phones on the internet.
- Do not sleep with any electrical equipment closer than a meter.
- Use a battery powered alarm clock and keep it on the other side of the room.
- Locate your mains power supply, do not sleep directly above it or on a wall above where it is mounted.
- Turn off all electrical equipment and remove the plug before going to bed.

- Do not leave computers TV, video etc. on standby.
- Do not sit close to your computer screen and do not have the backs of computer screens pointing at you. See index 4
- Consider rearranging furniture so that all electrical equipment is on an exterior wall. That way you are not creating an EMF field in the adjoining room.
- Do not sleep under an electric blanket.
- Where possible reduce the amount of electrical equipment and wiring in your home.
- If you have patients that are particularly sensitive it may be worth them not wearing metal jewellery and avoiding metal framed glasses as they act as conductors.
- Very sensitive patients should consider investing in specialist equipment that helps to neutralise the negative fields. These devices are available online from companies such as Clarius. See refs.
- Consider using protective crystals to wear and to place around sensitising objects such as computers. Crystals to consider are Emerald and Amethyst.
- Consider the use of plants in your environment that are known to absorb negative EMF such as spider plants.
- Overall where possible be aware of both domestic and commercial sources and try where possible to limit overall exposure.
- Reduce children's exposure wherever possible, especially as their systems are still growing.
- Other sensible tips can be gained from online sources.

### Miasmatic Note

I did not feel that this work would be complete without including a note on the new miasm we have created. Miasms represent a totally different concept in the mechanism of illness causation. For example, although miasms may be acquired as a result of an infectious agent, the infection itself is not the miasm. Even though the disease-causing agent may have been eradicated by treatment, subtle energetic traces of the infectious agent may persist at an unseen level. These disease-associated energy traces are incorporated into the individuals bio-magnetic field. The miasms reside there until their latent toxic potential is released into the molecular/ cellular level of the body, often due to a trigger, where disruptive changes or illness may manifest. However the delayed illness, which occurs, is different to the one associated with the original disease-causing agent. Miasms weaken the natural body defences in a particular area, creating a tendency towards manifesting different types of illness at a later time. Acquired miasms may be caused by exposure to a variety of noxious agents including bacteria, viruses, toxic chemicals and even radiation.

Miasms create energetic signatures that predispose individuals to certain types of illness. They are an energetic pathway by which, the life events of a parent are passed to the children. The alarming context to be considered here is that the very means by which these Miasmatic dispositions are passed on may be the trigger for a new and potentially devastating new super miasm.

If miasms have been passed on by latent energetic magnetic fields signatures, then by continually bombarding the body with man made EMF we are disrupting and exciting all latent miasms. We are creating a layer of miasmatic potential for future generations that is so prolific as an energy signature that not one of us will be able to escape its effects. It will have the potential to interact with all other miasms as EMF's are already coded in the energetic sphere. They already have the potential to cause new disease such as AIDS, which has been considered by some a miasm in it's own right. What if it is not AIDS which is the miasm but EMF.

I believe the effects are already being seen on this generation: there have been reductions in the rates of fertility and large increases in the numbers of children being born with genetic and behavioural defects. The rise of disorders relating to our DNA coding is on the increase and we have seen a rise in new disease that is unprecedented in our time. Energetic signatures and the links between EMF and energy medicine are unresolved mysteries waiting to be discovered, yet I feel that the longer it takes to find the answers the longer and more hazardous our children's journey will become.

This is a sobering thought to bring this project to a close and all I can add is that we as homeopaths are in a beneficial position. We have the fortunate understanding and insight to realise that the subtle energies we work with every day are very powerful and are to be respected and passed on. We have a responsibility to educate those around us, even those who don't believe. The near future holds the key to others understanding the complexities of homeopathy and offering it the respect it deserves. I can only hope that as a homeopathic community we urge the scientists forward and actively involve ourselves in the pursuit of the answers and the best ways to treat our patients.

Postscript and Thanks

The learning curve for this project has been massive however at most points enjoyable. It has opened my eyes and renewed my belief in our art. It has opened new dimensions of healing and made me look at how we live our lives. It has made me come to terms with how destructive we have become, some may say syphilitic, but it has made me appreciate the foundations of disease more keenly and will help me develop my own techniques for working with patients.

Finally on a more personal and humorous note this project has become very close to my heart as it appears my husband is more affected than most by the negative effects of EMF. At least as an informed and educated person I am now in a position to help. More humorously negative EMF's must have been at play at times as during the course of my research and typing I have burnt out the hard drives of two computers!! I also now have an excuse never to type again, it's harmful to my health!!!

Index 1

Source [www.ehso.com](http://www.ehso.com) environmental health and safety online

Estimated Average Magnetic Field Exposure of the U.S. Population for Various Activities					
	Population exposed (%)				
Average field (mG)	Home	Bed	Work	School	Travel
> 0.5	69	48	81	63	87.0
> 1	38	30	49	25	48.0
> 2	14	14	20	3.5	13.0
> 3	7.8	7.2	13	1.6	4.1
> 4	4.7	4.7	8.0	> 1	1.5
> 5	3.5	3.7	4.6		1.0
> 7.5	1.2	1.6	2.5		0.5
> 10	0.9	0.8	1.3		> 0.2
> 15	0.1	0.1	0.9		

Source: Zaffanella, 1993.

Index 1

Source as above

EMF Exposures in Common Environments Magnetic fields measured in milligauss (mG)		
Environment	Median* exposure	Top 5 <sup>th</sup> percentile
<b>OFFICE BUILDING</b>		
Support staff	0.6	3.7
Professional	0.5	2.6
Maintenance	0.6	3.8
Visitor	0.6	2.1
<b>SCHOOL</b>		
Teacher	0.6	3.3
Student	0.5	2.9
Custodian	1.0	4.9
Administrative staff	1.3	6.9
<b>HOSPITAL</b>		
Patient	0.6	3.6
Medical staff	0.8	5.6
Visitor	0.6	2.4
Maintenance	0.6	5.9
<b>MACHINE SHOP</b>		
Machinist	0.4	6.0

Welder	1.1	24.6
Engineer	1.0	5.1
Assembler	0.5	6.4
Office staff	0.7	4.7
<b>GROCERY STORE</b>		
Cashier	2.7	11.9
Butcher	2.4	12.8
Office staff	2.1	7.1
Customer	1.1	7.7
*The median of four measurements. For this table, the median is the average of the two middle measurements. Source: National Institute for Occupational Safety and Health.		

### Index 1

Source as above

#### Sources of Magnetic Fields (mG)\*

	Distance from source					Distance from source			
	6"	1'	2'	4'		6"	1'	2'	4'
<b>Office Sources</b>					<b>Workshop Sources</b>				
<b>AIR CLEANERS</b>					<b>BATTERY CHARGERS</b>				
Lowest	110	20	3	-	Lowest	3	2	-	-
Median	180	35	5	1	Median	30	3	-	-
Highest	250	50	8	2	Highest	50	4	-	-
<b>COPY MACHINES</b>					<b>DRILLS</b>				
Lowest	4	2	1	-	Lowest	100	20	3	-
Median	90	20	7	1	Median	150	30	4	-
Highest	200	40	13	4	Highest	200	40	6	-

FAX MACHINES	4	-	-	-	POWER SAWS	50	9	1	-
Lowest	6	-	-	-	Lowest	200	40	5	-
Median	9	2	-	-	Median	1000	300	40	4
Highest					Highest				
FLUORESCENT LIGHTS	20	-	-	-	ELECTRIC SCREWDRIVERS (while charging)	-	-	-	-
Lowest	40	6	2	-	Lowest	-	-	-	-
Median	100	30	8	4	Median	-	-	-	-
Highest					Highest	-	-	-	-
ELECTRIC PENCIL SHARPENERS	20	8	5	-	Living/Family Room Sources				
Lowest	200	70	20	2	CEILING FANS	-	-	-	
Median	300	90	30	30	Lowest	3	-	-	
Highest					Median	50	6	1	
VIDEO DISPLAY TERMINALS (PCs with colour monitors)**	7	2	1	-	Highest				
Lowest	14	5	2	-	WINDOW AIR CONDITIONERS	-	-	-	
Median	20	6	3	-	Lowest	3	1	-	
Highest					Median	20	6	4	
Bathroom Sources					Highest				
HAIR DRYERS	1	-	-	-	COLOR TELEVISIONS**	-	-	-	
Lowest	300	1	-	-	Lowest	7	2	-	
Median	700	70	10	1	Median	20	8	4	
Highest					Highest				
ELECTRIC SHAVERS	4	-	-	-					
Lowest	100	20	-	-					
Median	600	100	10	1					
Highest									

Index 1

Source as above

	Distance from source			
	6"	1'	2'	4'
Kitchen Sources				

	Distance from source			
	6"	1'	2'	4'
Kitchen Sources				

<b>BLENDERS</b>	30	5	-	-
Lowest	70	10	2	-
Median	100	20	3	-
Highest				
<b>CAN OPENERS</b>	500	40	3	-
Lowest	600	150	20	2
Median	1500	300	30	4
Highest				
<b>COFFEE MAKERS</b>	4	-	-	-
Lowest	7	-	-	-
Median	10	1	-	-
Highest				
<b>DISHWASHERS</b>	10	6	2	-
Lowest	20	10	4	-
Median	100	30	7	1
Highest				
<b>FOOD PROCESSORS</b>	20	5	-	-
Lowest	30	6	2	-
Median	130	20	3	-
Highest				
<b>GARBAGE DISPOSALS</b>	60	8	1	-
Lowest	80	10	2	-
Median	100	20	3	-
Highest				
<b>MICROWAVE OVENS***</b>	100	1	1	-
Lowest	200	4	10	2
Median	300	200	30	20
Highest				
<b>MIXERS</b>	30	5	-	-
Lowest	100	10	1	1
Median	600	100	10	1
Highest				

<b>ELECTRIC OVENS</b>	4	1	-	-
Lowest	9	4	-	-
Median	20	5	1	-
Highest				
<b>ELECTRIC RANGES</b>	20	-	-	-
Lowest	30	8	2	-
Median	200	30	9	6
Highest				
<b>REFRIGERATORS</b>	-	-	-	-
Lowest	2	2	1	-
Median	40	20	10	10
Highest				
<b>TOASTERS</b>	5	-	-	-
Lowest	10	3	-	-
Median	20	7	-	-
Highest				
<b>Bedroom Sources</b>				
<b>DIGITAL CLOCK****</b>		-	-	-
Lowest		1	-	-
Median		8	2	1
Highest				
<b>ANALOG Clocks (conventional clock fare)****</b>		1	-	-
Lowest		15	2	-
Median		30	5	3
Highest				
<b>BABY MONITOR (unit nearest child)</b>				
Lowest	4	-	-	-
Median	6	1	-	-
Highest	15	2	-	-

Index 1

Source as above

Sources of Magnetic Fields (mG)\*

	Distance from		Distance from
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	source			
	6"	1'	2'	4'
<b>Laundry/Utility Sources</b>				
<b>ELECTRIC CLOTHES DRYERS</b>	2	-	-	-
Lowest	3	2	-	-
Median	10	3	-	-
Highest				
<b>WASHING MACHINES</b>	4	1	-	-
Lowest	20	7	1	-
Median	100	30	6	-
Highest				
<b>IRONS</b>	6	1	-	-
Lowest	8	1	-	-
Median	20	3	-	-
Highest				

	source			
	6"	1'	2'	4'
<b>Laundry/Utility Sources</b>				
<b>PORTABLE HEATERS</b>	5	1	-	-
Lowest	100	20	4	-
Median	150	40	8	1
Highest				
<b>VACUUM CLEANERS</b>	100	20	4	-
Lowest	300	60	10	1
Median	700	200	50	10
Highest				
<b>SEWING MACHINES</b>				
Home sewing machines can produce magnetic fields of 12 mG at chest level and 5 mG at head level. Magnetic fields as high as 35 mG at chest level and 215 mG at knee level have been measured from industrial sewing machine models (Sobel, 1994).				

Source: EMF In Your Environment, U.S. Environmental Protection Agency, 1992.

\* Dash (-) means that the magnetic field at this distance from the operating appliance could not be distinguished from background measurements taken before the appliance had been turned on.

\*\* Some appliances produce both 60-Hz and higher frequency fields. For example, televisions and computer screens produce fields at 10,000-30,000 Hz (10-30 kHz) as well as 60-Hz fields.

\*\*\* Microwave ovens produce 60-Hz fields of several hundred milligauss, but they also create microwave energy inside the appliance that is at a much higher frequency (about 2.45 billion hertz). We are shielded from the higher frequency fields but not from the 60-Hz fields.

\*\*\*\* Most digital clocks have low magnetic fields. In some analog clocks, however, higher magnetic fields are produced by the motor that drives the hands. In the above table, the clocks are electrically powered using alternating current, as are all the appliances described in these tables.

Index 1

Source “Safe as Houses”

Author/Date	Occupation	Relative Field/Intensity/Frequency	Reported Effects
Milham 1979	Aluminium workers	Over 100 gauss	Lung Cancer, Lymphatic Cancer,
			Blood Cancer, Benign Brain Tumours
			Emphysema
US Marines	Service Personnel	weak	Increase in serum triglycerides
1983	Electronic Assembly Workers	-75 Hz	Increase in serum triglycerides
Milham 1982	Various Electrical Workers	Weak to strong 60 Hz (and Others)	Leukaemia
Wright et al, 1982	Various Electrical Workers	Weak 60 Hz. (and others)	Leukaemia
McDowall, 1983	Electrical Workers	Weak 50 Hz (and others)	Leukaemia
Coleman 1983	Electrical Workers	Weak 50 Hz (and others)	Leukaemia
Nordstom et al, 1983	Control-room operators	Various	Abnormal Pregnancies, Congenital Deformities
	Electronic Assembly Workers	50 Hz (and others)	Congenital Deformities

Index 2

Health effects linked electromagnetic stress. Source “Safe as Houses”



cancer, bladder cancer, and oral cancer.) For many other cancers, the causes are unknown.

#### Leukaemia

Leukaemia describes a variety of cancers that arise in the bone marrow where blood cells are formed. The leukaemia's represent less than 4% of all cancer cases in adults but are the most common form of cancer in children. For children age 4 and under, the incidence of childhood leukaemia is approximately 6 per 100,000 per year, and it decreases with age to about 2 per 100,000 per year for children 10 and older. In the United States, the incidence of adult leukaemia is about 10 cases per 100,000 people per year. Little is known about what causes leukaemia, although genetic factors play a role. The only known causes are ionising radiation, benzene, and other chemicals and drugs that suppress bone marrow function, and a human T-cell leukaemia virus.

#### Brain Cancer

Cancer of the central nervous system (the brain and spinal cord) is uncommon, with incidence in the United States now at about 6 cases in 100,000 people per year. The causes of the disease are largely unknown, although a number of studies have reported an association with certain occupational chemical exposures. Ionising radiation to the scalp is a known risk factor for brain cancer. Factors associated with an increased risk for other types of cancer-such as smoking, diet, and excessive alcohol use-have not been found to be associated with brain cancer.

	Magnetic field category (mG)					
	>1 -≤2 mG		>2 -≤3 mG		>3 mG	
	Estimate	95% CL	Estimate	95% CL	Estimate	95% CL
First author						
Coghill	0.54	0.17, 1.74	No controls	No controls	No controls	No controls
Dockerty	0.65	0.26, 1.63	2.83	0.29, 27.9	No controls	No controls
Feychting	0.63	0.08, 4.77	0.90	0.12, 7.00	4.44	1.67, 11.7
Linnet	1.07	0.82, 1.39	1.01	0.64, 1.59	1.51	0.92, 2.49
London	0.96	0.54, 1.73	0.75	0.22, 2.53	1.53	0.67, 3.50
McBride	0.89	0.62, 1.29	1.27	0.74, 2.20	1.42	0.63, 3.21
Michaelis	1.45	0.78, 2.72	1.06	0.27, 4.16	2.48	0.79, 7.81
Olsen	0.67	0.07, 6.42	No cases	No cases	2.00	0.40, 9.93

Savitz	1.61	0.64, 4.11	1.29	0.27, 6.26	3.87	0.87, 17.3
Tomenius	0.57	0.33, 0.99	0.88	0.33, 2.36	1.41	0.38, 5.29
Tynes	1.06	0.25, 4.53	No cases	No cases	No cases	No cases
Verkasalo	1.11	0.14, 9.07	No cases	No cases	2.00	0.23, 17.7
Study summary	0.95	0.80, 1.12	1.06	0.79, 1.42	1.69*	1.25, 2.29
	1 - <2 mG		2 - <4 mG		≥4 mG	
**United Kingdom	0.84	0.57, 1.24	0.98	0.50, 1.93	1.00	0.30, 3.37

95% CL = 95% confidence limits.

Source: Greenland et al., 2000.

\* Mantel-Haenszel analysis ( $p = 0.01$ ). Maximum-likelihood summaries differed by less than 1% from these summaries; based on 2,656 cases and 7,084 controls. Adjusting for age, sex, and other variables had little effect on summary results

\*\*These data are from a recent United Kingdom study not included in the Greenland analysis but included in another pooled analysis (Ahlbom et al. 2000). The United Kingdom study included 1,073 cases and 2,224 controls.

For this table, the column headed "estimate" describes the relative risk. Relative risk is the ratio of the risk of childhood leukaemia for those in a magnetic field exposure group compared to persons with exposure levels of 1.0 mG or less. For example, Coghill estimated that children with exposures between 1 and 2 mG have 0.54 times the risk of children whose exposures were less than 1 mG. London's study estimates that children whose exposures were greater than 3 mG have 1.53 times the risk of children whose exposures were less than 1 mG. The column headed "95% CL" (confidence limits) describes how much random variation is in the estimate of relative risk. The estimate may be off by some amount due to random variation, and the width of the confidence limits gives some notion of that variation. For example, in Coghill's estimate of 0.54 for the relative risk, values as low as 0.17 or as high as 1.74 would not be statistically significantly different from the value of 0.54. Note there is a wide range of estimates of relative risk across the studies and wide confidence limits for many studies. In light of these findings, the pooling of results can be extremely helpful to calculate an overall estimate, much better than can be obtained from any study taken alone.

Residential Exposure to Magnetic Fields and Adult Cancer					
			Results (odds ratios)		
First author	Location	Type of exposure data	Leukaemia	CNS tumours	All cancers

		Calculated historical fields			
	United Kingdom	Calculated & spot measurements			
Coleman	Sweden	Calculated historical fields	0.92	NA	NA
Feychting and Ahlbom	Taiwan	Calculated historical fields	1.5*	0.7	NA
Li	Taiwan	Calculated historical fields	1.4*	1.1	NA
Li	United Kingdom	Calculated historical fields		1.1 (breast cancer)	
McDowall	Seattle, US	Calculated historical fields	1.43	NA	1.03
Severson	San Francisco, US	Wire codes & spot measurements	0.75	NA	NA
Wrensch	San Francisco, US	Wire codes & spot measurements	NA	0.9	NA
Youngson	United Kingdom	Wire codes & spot measurements	1.88	NA	NA
	United Kingdom	Calculated historical fields			

CNS = central nervous system.

\*The number is statistically significant (greater than expected by chance).

Study results are listed as "odds ratios" (OR). An odds ratio of 1.00 means there was no increase or decrease in risk. In other words, the odds that the people in the study who had the disease (in this case, cancer) and were exposed to a particular agent (in this case, EMF) are the same as for the people in the study who did not have the disease. An odds ratio greater than 1 may occur simply by chance, unless it is statistically significant.

#### Case-control studies of female breast cancer and occupational studies of EMF

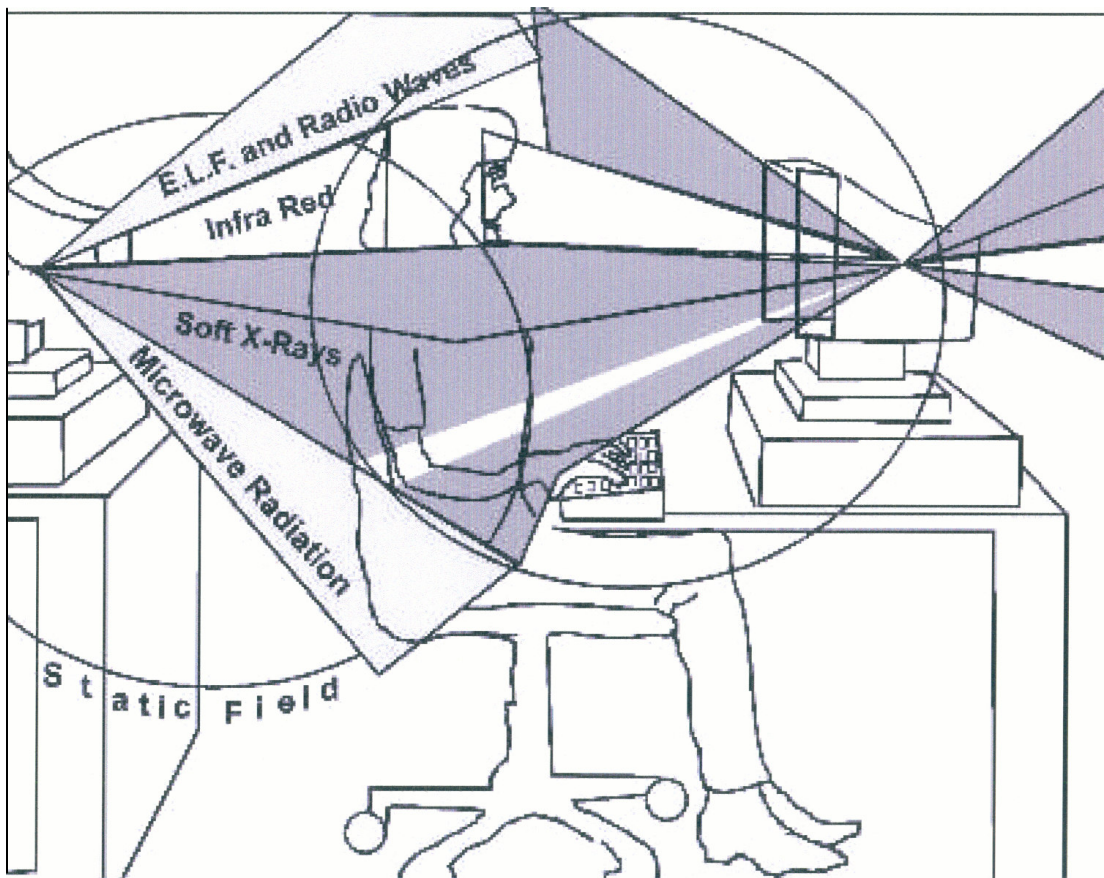
Reference, country	Study population	Exposure classification	Risk estimates		Comments
			No. of cases	RR (95% CI)	
(Loomis et al., 1994b); 24 US states	Women who died of breast cancer 1985-89 compared with those who died of other causes. 27 814 cases and 110 750 controls	15 electrical occupations	68	1.4 (1.0-1.8)	MOR, adjusted for age, race, and class
		other occupations			
		computer programmer	26	1.1 (0.70-1.7)	
		telephone operator	328	0.96 (0.84-	

				1.1)	
		data entry keyer	77	0.75 (0.42- 1.3)	
(Cantor et al., 1995a); 24 US states	Women who died of breast cancer 1984-89 (same dataset used by (Loomis et al., 1994b) with an additional year of data). 29 397 white and 4112 black woman who dies from breast cancer	white women medium exposure high exposure	1746 123	1.1 (1.0-1.2) 0.97 (0.8-1.2)	MOR, adjusted for age and class(Cantor et al., 1995b) reported a significant association with radio frequency fields in the same population
		black women medium exposure high exposure	273 20	1.3 (1.1-1.5) 1.2 (0.7-2.1)	
(Coogan et al., 1996); 4 US states	All female workers in state registry records with breast cancer, 6888 cases and 9529 controls	All women high exposure jobs test for trend  Premenopausal women only high exposure jobs test for trend  Postmenopausal women only high exposure jobs test for trend	6851 57  1424 20  5163 35	1.4 (0.99-2.1) p = 0.11  2.0 (1.0-3.8) p = 0.49  1.3 (0.82-2.2) p = 0.30	OR, adjusted for age, BMI, history of breast disease, age at menarche, parity, age at first birth, education, and alcohol consumption  Potential EMF exposure classified by an industrial hygienist for the most representative occupation collected at an interview

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MOR, mortality odds ratio; CI, confidence interval; BMI, body mass index; OR, odds ratio

Index 4



Index 5

**Danger Zones**

EMF Levels From Common Sources in Milligauss (mG)\*

Recommended Safety Levels: .5 mG to 2.5 mG with 1.0mG as preferred standard.

Adverse biological effects have been found at 2.5mG



Source	Up to 4 inches	At 3 feet
Blender	50 to 220	.3 to 3
Clothes Washer	8 to 200	.1 to 4
Coffee Maker	6 to 29	.1
Computer	4 to 20	2 to 5
Fluorescent Lamp	400 to 4,000	.1 to 5
Hair Dryer	60 to 20,000	.1 to 6
Microwave Oven	100 to 500	1.0 to 25
Television	5 to 100	.1 to 6
Vacuum Cleaner	230 to 1300	3 to 40
Airplane	50 mG average on 747	
*Source: USA Environmental Protection Agency		

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Prover no 1 : on reflection ( February 2006 )

I have been thinking about the Electricity proving and wondering why the group became so disjointed at this time. I have yet to elicit quite how much of this can be seen as a valid response to the remedy. During the first and second year, our group had a couple of key members who constantly expressed a very real scepticism about the whole art of homoeopathy. Although initially such a challenge provided an amusing diversion, it soon became tiresome and would serve only to pin the energy of the group down, not allowing for open, creative ramblings. Ultimately we were left with a divided class.

When I read through the electricity proving, I sense this very 'pinned down' response. There were members of the group who somehow seemed to be trying to prove an irrelevance in this study.

But all of this aside, the remedy itself contains a strong element of separation. A feeling of isolation - an inability to integrate. My communication with others felt held back as if behind a protective shield. My feeling is that the heaviness was from the weight of this external protection. I remember clearly so much white noise going on inside my head, that there was little chance of being able to concentrate outside of this sealed place.

I feel that there is more to add to the final text of this proving before it is complete. I will offer more and there is a chance for me to open things up with some other provers. It is a powerful remedy, but yet I feel a repulsion towards it and therefore need to prepare myself to re-visit it.

Further thoughts from Prover no 1

Throughout the last century, society's dependency on electricity has grown phenomenally. There is scarcely a man amongst us who can truly imagine life without it. As if in response to this, a growing number of people are reporting what they believe to be a negative response to the constant electrical pollution that surrounds us. Symptoms identified include headaches, insomnia, poor concentration, lethargy and most commonly the inability to wake refreshed in the morning.

Electricity itself can be simply defined as the movement of small charged particles. These particles, known as electrons, are conducted through various different substances, some allowing better movement than others. It is the understanding of how electrical currents can travel differently through metals or various fluids, which has given us the ability to harness such power. Through this it has become possible to change this energy into other forms such as heat, light or motion. Modern lifestyles are now highly dependent on electrical power.

Putting this into a historical context, this harnessing of electrical power is seen as a relatively modern phenomenon. However, we must not forget that this knowledge has been with us since the dawn of time. It is now inherently

acknowledged that the nervous system of the human body is built according to electrical design.

The nervous system is composed of two parts. Firstly there is the central nervous system which is the control centre including the brain and the spinal cord. Secondly the peripheral nervous system, which connects other parts of the body to the control centre via an intricate pattern of nerves. Connections are made using nerve cells, known as neurons, which is what the brain primarily consists of. Seen through a microscope, each neuron transmits electrical impulses to the next, enabling us to give and receive information to and from the physical world. Without these electrical circuits running through our bodies, we would simply be switched off.

Electricity was first proved homoeopathically in the mid 19th century, and then re-proved by the second year students at the South Downs School of Homoeopathy in 2005. Many of the physical symptoms are the same as those reported by people who suffer ill effects of electrical pollution. All of these can be read in the proving document. Yet alongside these listed physical reactions, other less tangible issues arose.

Interestingly, despite the obvious power of electricity, it has been difficult for the provers to elicit precise information regarding their own personal experiences. There have been some communication issues; a sense of vagueness and those involved have shyed away from analysis of this matter. Nearly all of the provers agree that the experience was negative and there is a sense of repulsion from the substance.

One prover's experience was quite different. This was a female in her 20's who worked full-time as an air traffic control assistant. In her every day life she was heavily polluted by external electrical currents, from which health issues occurred for her. Whilst taking the homoeopathically prepared electricity, she felt profoundly better. Her life began to flow creatively and she made some huge life changes. From the outside she appeared like a different person, a healthier and more attractive woman.

With our knowledge of electricity both in the outside world and from within, it is interesting to see what we can elicit from this experiment. When first proved in the 19th century, symptoms show an interference with the internal currents of the body: stupefaction and slow comprehension. On comparison many of the physical symptoms of both provings are the same. But in our time, this remedy is showing itself to be useful in many clinical cases where client's complaints seem to stem from a lifestyle where electrical pollution is great. As our reliance on all things electrical continues to grow, it seems inevitable that our internal electrical circuitry will become increasingly affected.

The severity of the concern regarding electrical pollution needs to be given due attention. We understand that it is through electrical currents that we communicate with the outside world, and we see communication breakdowns in the results of both of the provings of electricity. As we continue to bathe in electrical pollution, we are inevitably continuing to compromise our health and our connection to the outside world.